

Quit Smoking Program

Congregational Health in collaboration with Miami-Dade AHEC is now offering the Quit Smoking program for FREE!

Quit Smoking Now program was designed as a simple, easy to follow program that will help YOU Quit Smoking successfully!

WHO CAN ATTEND?

Anyone that would like help to quit using cigarettes or any other tobacco products.

WHAT SERVICES ARE OFFERED?

- Group support through our six-week counseling sessions.
- Individual support by appointment with one of Miami-Dade AHEC's tobacco cessation specialists.
- Education, information and resources on nicotine, nicotine replacement therapy, stress management, nutrition and other topics.

HOW MUCH DOES IT COST?

This service is completely **FREE** of charge to the community!

Location

Iglesia Bautista Nueva Esperanza
12313 SW 112 Street
Miami, FL 33185

Schedule

Every Monday
5 – 6 p.m.

For information, please contact
Angel Alvarez, Tobacco Treatment Specialist
Phone: 305-597-3639 Cellular: 786-597-1608

