

Sarasota County Health Department's Tobacco Prevention Program provides many resources for those wanting to quit smoking.

"Quit Smoking" Classes *provided by Gulfcoast AHEC*

Tobacco Cessation Classes are available through the Gulfcoast South Area Health Education Center (AHEC). Please [visit the Gulfcoast AHEC website](#) for dates and times or Call 877-848-6696 for more information or to register for a group or class,

- Free counseling & support services
- "Quit Smoking" groups & classes
- Worksite wellness programs for employers



Florida Quit line

The Florida Quit line is available to anyone living in Florida who wants to try to quit smoking. The program offers the following services:

- Counseling sessions
- Self-help materials
- Counseling & materials in English and Spanish
(Translation service for other languages)
- TDD service for hearing impaired
- Pharmacotherapy assistance

If you or someone you know wants to be free from tobacco, please call the Quitline at: 1-877-U-CAN-NOW (1-877-822-6669).



Or visit www.quitnow.net/florida