

**Miami Dade College, Kendall Campus
in Collaboration with
Miami Dade AHEC is now offering a**

FREE  **Quit
Smoking
Now**
program



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
- Education information and resources on nicotine, nicotine replacement therapy, stress management, nutrition and other topics discussed in group support setting.
- Four Weeks of Nicotine Replacement Therapy (including patches)

HOW MUCH DOES IT COST? This service is completely **FREE** of charge to all students and employees.



Every Wednesday (need a minimum of 4 for a class)
call us today to RSVP!

Time: 12:00p.m. to 1:00p.m.

**Where: Wellness Center, Gibson Center,
Building 7000, Room G110-G111**

**For information, please contact Cookie Rosell, Wellness and Fitness Director
305-237-0735, mrosell@mdc.edu and TobaccoFree@mdahec.org**