

If you're ready to quit tobacco Help is **FREE!**

Class Schedule

TUESDAYS

January 26th - March 1st

5:30 - 7:00 PM

**Community, Technical, and
Adult Education (CTAE)**

Room 46

1014 SW 7th Road, Ocala

To Register call

866.341.2730

FREE

**Nicotine Replacement
Patches, Gum, Lozenges***

FREE

Education and Support

Insurance Benefit

**Florida Blue provides the
following items at no cost
to employees/dependents
covered under the MCPS
insurance policy:**

- Chantix
- Generic Zyban (Bupropion)
- Generic Nicotine Patches
- Generic Nicotine Gum

***While supplies last and if medically appropriate**



IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit.

Sponsored by: Suwannee River AHEC and the Florida Department of Health.



She Finally Gave Up

Stacy Johnson (Legacy Elementary) started smoking when she was 14 years old. Thinking it was the cool thing to do, she would steal cigarettes from her parents to try and fit in. Stacy had tried to quit multiple times, but each previous “quit attempt” left her smoking more and was now relying on almost 2 packs to make it through the day. Although Stacy enjoyed it, smoking was starting to take a toll on her body. A constant cough and frequent colds led Stacy to realize she needed to give up the cigarettes before more serious health issues appeared.

Fortunately for Stacy, the MCPS Employee Wellness Program was offering free Tobacco Cessation classes through AHEC. Stacy (along with her husband) joined the class and quickly found the accountability provided by the instructor and her classmates was just what she needed to finally overcome a 25 year addiction! Staying busy and prayer were a huge part of Stacy’s success. She also used flavored toothpicks and sugar free mints to help calm the cravings.

After two years, Stacy is still tobacco free and reaping the benefits of her new, healthier lifestyle! Now, instead of spending money on cigarettes, Stacy and her family are planning a cruise for her 40th birthday in March...something they could have never afforded before. And above all, Stacy gets to be a good role model for her son who thanks her frequently for finally giving up tobacco!



N.I.P. out Nicotine
Nicotine Improvement Program
Marion County Public Schools