



offers free UM-AHEC Quit Smoking group sessions



If you're ready to **QUIT SMOKING NOW**, we're ready to help!

### Medical Wellness Center: Medical Campus

- Tuesdays 4:30pm - 5:15pm
- Thursday 11am - 12pm

### Wellness Center: Coral Gables Campus

- Wednesday 12:30pm - 1:30pm
- Wednesday 4:30pm - 5:15pm

In addition to the free 6-week Quit Smoking Now group sessions, the BeSmokeFree Program offers an extensive range of traditional, complementary, and alternative Tobacco Education and Treatment Services to help smokers learn how to be smoke free for life!

**Free nicotine replacement gum, lozenge or patches are available.  
Quitting Smoking has never been easier!**

Please contact Virginia Perez, BeSmokeFree Program Director at **(305) 243-7606** to register or email [vperez@med.miami.edu](mailto:vperez@med.miami.edu) or visit us online at

<http://wellness.med.miami.edu/x81.xml>

