

Let's Talk About Smoking!



You know that you have to quit smoking, but have no clue where to start... Let's Talk about all your options and how to get you to the point you want to be.

The Polk County Health Department is partnering with the Watson Clinic Foundation and the Center for Cancer Care and Research to offer a **FREE** 2 hour smoking cessation orientation session where you can learn about various methods to quit smoking.

Where: Center for Cancer Care and Research
1730 Lakeland Hills Blvd
Lakeland, FL 33805

Cost: *FREE* of charge

For information on dates and times for upcoming classes contact Patty Strickland at (863) 284-5089

Registration is encouraged



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Where: Clark & Daughtrey Medical Group
2625 South Florida Ave
Lakeland Florida 33803

Cost: *FREE* of charge

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