



Baker County Health Department - Smoking Cessation - Quit Smoking Now!

This program provides you with the support, guidance and resources to help you quit. This six session program could be all it takes for you to become tobacco free!

The program was designed by an ex-smoker. It is led by a trained facilitator who will guide you through the many issues related to quitting smoking, including:

- Coping with anger, sleep problems, and cravings
- Managing stress
- How physical activity and health food choices can make quitting tobacco easier
- How to prevent relapse (using tobacco again)
- Identifying and controlling your tobacco “triggers”
- What to do when you have friends and family who use tobacco around you

Service Location

480 West Lowder Street
Macclenny, FL 32063
United States

904-259-6291

Provider



URL

<https://baker.floridahealth.gov/>

Florida Department of Health Baker County provides healthcare to those in need within the community.

Services Include:

- Dental Bus (Baker/Clay)
- Dental Clinic
- Disaster Preparedness
- Environmental Health
- Epidemiology
- Family Health
- Health Education
- Healthy Families
- Healthy Start
- HIV/AIDS Testing
- Immunizations
- Pediatrics
- Quit Smoking Now!
- STD Testing and Treatment
- Vital Statistics
- WIC
- Women's Health

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