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South Lake Hospital's Let's Kick It Smoking Cessation Program

Clermont, Fla. – Do you want to quit smoking and need some help? Do you have a friend and want to support each other in the New Year by quitting smoking together? Refer them to South Lake Hospital's "Let's Kick It" program.

South Lake Hospital offers an eight-week course teaching step-by-step methods to quit smoking and other nicotine addiction habits. Cost of the program is only \$50. It is part of the hospital's commitment to the community and to its patients to offer this service. During the eight-week course, the participants also have complimentary use of the hospital's fitness facility, the National Training Center, for up to three times per week.

A new "Let's Kick It" eight-week session starts, Monday, January 11. Classes are held Monday evenings from 6:30 p.m. to 8:30 p.m. For more information and to register, please call 352.241.7109. The National Training Center, part of South Lake Hospital, is located at 1109 Citrus Tower Blvd., in Clermont on the South Lake Hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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