

Attend Free Classes Near You

Jackson Health System, in collaboration with the University of Miami's Area Health Education Center Program (AHEC), offers six-week classes for smokers held at several locations. Participants are encouraged to register for the class they wish to attend, however walk-ins are also welcome. In just one hour a week, you will:

- Find a support group dedicated to quitting smoking
- Learn about coping with withdrawal
- Get tips on remaining smoke-free
- Test your lung capacity with a carbon monoxide monitor
- Get complimentary perks like nicotine patches to help you quit
- Learn "Five-Finger Hypnosis," a technique for self-hypnosis successfully used by millions of people to help conquer smoking

Quit Smoking Now!

Contact Mabel M. Castro, CTTS, Tobacco Cessation Coordinator at 305-585-5319 or mabel.castro@jhs-miami.org.



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Program supported by grant funding from:



Jackson Health System
Tobacco Cessation Program

Quit Smoking Now.

You Could Live
More than 10
Years Longer.



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We Can Help!

You've already taken the first step towards quitting smoking just by reading this. You might be someone who's been smoking cigarettes for years – or maybe you recently picked up the habit.

If you are thinking about quitting, Jackson Health System's Tobacco Cessation Program can help.

We offer free classes and other tools to support you, and we've already helped hundreds kick the habit.

You Could Extend Your Life By More than 10 Years

You have heard it before: smoking is bad for your body. But sometimes the danger doesn't hit home until you realize how many Americans get sick or even die because they smoke cigarettes.

Did you know that, according to the Centers for Disease Control and Prevention (CDC), 8.6 million people in the United States have one serious illness caused by smoking cigarettes? And that smoking-related diseases claim an estimated 443,000 Americans each year, including babies born prematurely due to prenatal maternal smoking?

The CDC also states that the average smoker will die 14 years earlier – 13.2 years for men and 14.5 years for women. Plus, cigarettes contain more than 4,000 harmful ingredients, including known carcinogens. Therefore by quitting smoking, you could extend life by more than a decade.

Frequently Asked Questions

1. Who can participate?

All Jackson Health System patients, visitors and employees are welcome to register for classes.

2. Is this program free?

Yes, the program is free.

3. How long is the program?

The program lasts for six weeks. You will meet once a week, for one hour.

4. Are classes available in English and Spanish?

Yes, English and Spanish classes are available weekly.

5. Where are the classes held?

Classes are held at Jackson Memorial Hospital, North Dade Health Center and Jefferson Reaves Sr. Health Center.

6. Do you get anything for graduating?

You'll get a certificate of completion at your final class, and an invitation to become a program advocate to spread the word about our program. Plus, you'll have a support group ready to help you when you need it.

We've been committed to helping people quit smoking for 10 years and counting. Join us, stop smoking and become a program advocate!