



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

presents
FREE Virtual Tools to Quit Classes

Pre-registration is required! You will be emailed a link to join by ZOOM conference via video or audio.

ABOUT THE CLASS:

Tools to Quit Class will provide you with information about the effects of tobacco use, the benefits of quitting, and will assist you will developing your **OWN QUIT PLAN**. Cessation groups cover all forms of tobacco.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.



BENEFITS:

Nicotine replacement patches, gum or lozenges.
(if medically appropriate for those 18 years of age or older)

Participant workbook and materials.

More than **DOUBLES** your chances of success!

To register, call:



For more information, visit us at:
www.tobaccofreeflorida.com/quityourway

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QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

presents
FREE Virtual Quit Smoking Now Classes

Pre-registration is required! You will be emailed a link to join by ZOOM conference via video or audio.

ABOUT THE CLASS:

Quit Smoking Now support groups meet once a week for 4 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse. Cessation groups cover all forms of tobacco.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.



BENEFITS:

Nicotine replacement patches, gum or lozenges.
(if medically appropriate for those 18 years of age or older)

Participant workbook and materials.

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