



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.



**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.**

presents

a FREE Virtual Quit Smoking Now Course

DATE:

TIME:

JOIN: By calling _____ to register. 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.

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!

Pre-registration is required!

To register, call: _____

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

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