



# 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 COURSE:**

**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](http://www.tobaccofreeflorida.com/quityourway)**

**Sponsored by:**

**Florida  
HEALTH**