



# 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.

## CLASS SCHEDULE

### **FREE**

Nicotine replacement patches, gum and lozenges.\*

*\*While supplies last and if medically appropriate.*

### **FREE**

Community, worksite and clinic groups offered.

*Programs cover all forms of tobacco.*



### **GROUP QUIT**

Is the in-person option of Tobacco Free Florida Quit Your Way services.

toll free **877-848-6696**  
[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)