



# QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

**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.**

is offering free group quit classes virtually!

## **Pre-registration required!**

Call \_\_\_\_\_ to register.

You will be emailed a link to join by ZOOM conference via video or audio. Cessation groups cover all forms of tobacco.

**Benefits include nicotine replacement patches, gum or lozenges.**

*(if medically appropriate for those 18 years of age or older)*

**and participant workbook and materials.**

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

For more information, visit us at:  
[www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)

**Florida  
HEALTH**