



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.

Gulfcoast South Area Health Education Center

presents

a FREE Virtual Tools to Quit Class

for the

Great American Smokeout®

DATE: Thursday, November 19, 2020

TIME: 6:00 - 8:00 pm

JOIN: Call **866-534-7909** to register or select the button below to visit the online calendar.

Pre-registration is required! You will be emailed a link to join by Zoom® conference

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 with 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!

Pre-registration is required!

To register, call: **866-534-7909**

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

Sponsored by:

**Gulfcoast South Area
Health Education Center**

**Florida
HEALTH**