



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.

Gulfcoast South Area Health Education Center
is offering free group quit classes virtually!

Pre-registration required!

Call **866-534-7909** to register.

Follow the above link to view a calendar of available classes.

Once registered, 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

**Florida
HEALTH**