



# QUIT YOUR WAY

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

Tobacco Free Florida offers tools and services to help you get started.



## Benefits:

- Nicotine Replacement Patches, Gum or Lozenges
- Workbook and Materials
- Program more than **DOUBLES** your chances of success!

**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.

**Florida's Area Health Education Centers now offer Free Virtual Cessation Services-ZOOM group meetings**

***Pre-registration is required. To register, call (877) 848-6696***

*Same great program, now in new virtual format to help smokers become tobacco free.*

**For Professional Online Educational Opportunities (CME/CE)**

**See Our No Cost Tobacco Training Modules**

**[www.aheceducation.com](http://www.aheceducation.com)**



[www.ahectobacco.com](http://www.ahectobacco.com)

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

**Florida  
HEALTH**