



QUIT YOUR WAY

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



- FREE – Nicotine replacement patches, gum or lozenges*
 - FREE – Community, worksite, and clinic groups offered
 - Covers all forms of tobacco
- *If medically appropriate and 18 years of age or older.*

You select your quit date.

For more information or to register for classes in your county, please call or visit our website.

[PHONE NUMBER]



GROUP QUIT

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

tobaccofreeflorida.com/quityourway



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