



# 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.

The University of Florida  
AHEC Program  
presents  
**FREE**  
**VIRTUAL TOOLS TO QUIT**  
**CLASSES**

Classes are held  
**Monday through Friday**  
**10:00am to 12:00pm**  
and  
**2:00pm to 4:00pm**

Can't make it to any of those times?  
Call us at **352-273-5224** to set up a  
class time that fits your schedule.

**JOIN: By calling 352-273-5224 to register.**

Pre-registration is required! You will be emailed a link to join by ZOOM conference via video or audio.

#### **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: 352-273-5224**

For more information, visit us at:

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

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