

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.

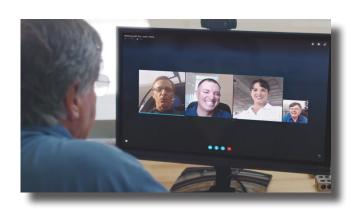
Pre-registration is required! You will be emailed a link to join by Zoom® conference

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: 860

866-534-7909

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

Sponsored by:

Gulfcoast South Area
Health Education Center

