



# 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 North AHEC presents **FREE Virtual Tools to Quit Classes**

Friday, April 2, 2021 | 12:00pm-2:00pm  
Monday, April 5, 2021 | 6:00pm-8:00pm  
Tuesday, April 6, 2021 | 10:00am-12:00pm  
Wednesday, April 7, 2021 | 1:00pm-3:00pm  
Friday, April 9, 2021 | 12:00pm-2:00pm  
Monday, April 12, 2021 | 5:30pm-7:30pm **SPANISH**  
Tuesday, April 13, 2021 | 10:00am-12:00pm  
Wednesday, April 14, 2021 | 1:00pm-3:00pm  
Thursday, April 15, 2021 | 5:00pm-7:00pm  
Friday, April 16, 2021 | 12:00pm-2:00pm  
Monday, April 19, 2021 | 11:00am-1:00pm  
Monday, April 19, 2021 | 6:00pm-8:00pm  
Tuesday, April 20, 2021 | 10:00am-12:00pm  
Friday, April 23, 2021 | 12:00pm-2:00pm  
Monday, April 26, 2021 | 6:00pm-8:00pm  
Tuesday, April 27, 2021 | 10:00am-12:00pm  
Friday, April 30, 2021 | 12:00pm-2:00pm

**JOIN:** By calling **813-929-1000** 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: 813-929-1000**

For more information, visit us at:  
**[www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway)**

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