



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

Tuesday, December 1, 2020 | 10:00am-12:00pm
Wednesday, December 2, 2020 | 1:00pm-3:00pm
Thursday, December 3, 2020 | 10:00am-12:00pm **SPANISH**
Friday, December 4, 2020 | 12:00pm-2:00pm
Monday, December 7, 2020 | 6:00pm-8:00pm
Tuesday, December 8, 2020 | 10:00am-12:00pm
Thursday, December 10, 2020 | 1:00pm-3:00pm
Friday, December 11, 2020 | 12:00pm-2:00pm
Monday, December 14, 2020 | 6:00pm-8:00pm
Tuesday, December 15, 2020 | 10:00am-12:00pm
Wednesday, December 16, 2020 | 1:00pm-3:00pm
Friday, December 18, 2020 | 12:00pm-2:00pm
Monday, December 21, 2020 | 6:00pm-8:00pm
Tuesday, December 22, 2020 | 1:00pm-3:00pm
Wednesday, December 23, 2020 | 10:00am-12:00pm
Monday, December 28, 2020 | 1:00pm-3:00pm
Tuesday, December 29, 2020 | 6:00pm-8:00pm
Wednesday, December 30, 2020 | 10:00am-12:00pm

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

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HEALTH**