



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

Sponsored by:



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