# 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.

**Suwannee River Area Health Education Center**

presents

**FREE Virtual Tools to Quit Classes**

**Friday, June 12th**
**10 am - 12 pm**

**Monday, June 15th**
4 pm - 6 pm

**Thursday, June 18th**
11 am - 1 pm

**Saturday, June 20th**
10 am - 12 pm

**Wednesday, June 24th**
9 am - 11 am

**Sunday, June 28th**
2 pm - 4 pm

**JOIN:** By calling **866-341-2730** 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:** **866-341-2730**

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

**Sponsored by:**

AHEC SUWANNEE RIVER AREA HEALTH EDUCATION CENTER

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