



# 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.

## Gulfoast North AHEC

presents

### FREE Virtual Tools to Quit Classes

Friday, October 2, 2020 | 10:00am-12:00pm

Monday, October 5, 2020 | 6:00pm-8:00pm

Tuesday, October 6, 2020 | 10:00am-12:00pm

Wednesday, October 7, 2020 | 1:00pm-3:00pm

Friday, October 9, 2020 | 10:00am-12:00pm **SPANISH**

Friday, October 9, 2020 | 12:00pm-2:00pm

Monday, October 12, 2020 | 6:00pm-8:00pm

Tuesday, October 13, 2020 | 10:00am-12:00pm

Thursday, October 15, 2020 | 1:00pm-3:00pm

Friday, October 16, 2020 | 12:00pm-2:00pm

Monday, October 19, 2020 | 6:00pm-8:00pm

Tuesday, October 20, 2020 | 9:30am-11:30am

Wednesday, October 21, 2020 | 1:00pm-3:00pm

Friday, October 23, 2020 | 1:00pm-3:00pm

Monday, October 26, 2020 | 6:00pm-8:00pm

Tuesday, October 27, 2020 | 10:00am-12:00pm

Wednesday, October 28, 2020 | 1:00pm-3:00pm

Friday, October 30, 2020 | 1:00pm-3:00pm

**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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