



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.

CLASS SCHEDULE

Quit Smoking Now classes run one hour for six consecutive weeks and Tools-To-Quit classes are one-time 2 hour seminars designed for those unable to commit to the six week program.

Quit Smoking Now Classes

IRMC Scully-Welsh Cancer Center
Vero Beach

Wednesday, July 11th @ 12 p.m.

Sebastian River Med. Center
Wednesday, July 11th @ 2 p.m.

Indian River Medical Center
Wednesday, July 11th @ 5:30 p.m.

Indian River Cnty Admin.
Vero Beach
Thursday, July 12th @ 5:30 p.m.

Tools-To-Quit Class

Indian River Medical Center
Wednesday, June 27th @ 12 p.m.

Indian River Cnty Admin.
Vero Beach
Thursday, July 5th @ 5:30 p.m.

FREE

Nicotine replacement patches, lozenges, or gum.*

**If medically appropriate and 18 years of age or older.*

FREE

Community, worksite and clinic groups offered.

Programs cover all forms of tobacco.



GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

(877) 819-2357

toll free 877-848-6696

tobaccofreeflorida.com/quityourway