



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

Robert & Carol Weissman Cancer Center
Monday, August 21st @ 3 p.m.

Stuart Nursing and Restorative Care
Monday, August 21st @ 5:30 p.m.

House of Hope at Golden Gate
Thursday, August 17th @ 12:00 p.m.

Martin Health System South
Thursday, August 24th @ 5:30 p.m.

Tools-To-Quit Classes

Veterans Benefit Services—Stuart
Monday, August 21st @ 12 p.m.

Veterans Benefit Services—Stuart
Monday, September 18th @ 12 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.

toll free 877-848-6696

tobaccofreeflorida.com/quityourway