



# 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, July 2<sup>nd</sup> @ 3 p.m.

Stuart Nursing and Restorative Care  
Monday, July 2<sup>nd</sup> @ 5:30 p.m.

House of Hope at Golden Gate  
Thursday, July 5<sup>th</sup> @ 12:00 p.m.

Martin Health System South  
Thursday, July 5<sup>th</sup> @ 5:30 p.m.

### Tools-To-Quit Classes

Veterans Benefit Services—Stuart

Monday's at 12:00 p.m.

July 23<sup>rd</sup> - August 16<sup>th</sup>

September 24<sup>th</sup> - October 22<sup>nd</sup>

November 19<sup>th</sup> and December 17<sup>th</sup>

House of Hope at Golden Gate

Thursday @ 12:00 p.m.

June 28<sup>th</sup> and August 16, 2018

## 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](http://tobaccofreeflorida.com/quityourway)