



# 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 **S**moking **N**ow classes run one hour for six consecutive weeks and **T**ools-**T**o-**Q**uit classes are one-time 2 hour seminars designed for those unable to commit to the six week program.

### Quit Smoking Now Classes

Jupiter Medical Center  
Monday, July 9<sup>th</sup> @ 5:30 p.m.

Hanley Center (WPB)  
Tuesday, July 10<sup>th</sup> @ 5:30 p.m.

Palm Beach Gardens Medical Center  
Wednesday, July 11<sup>th</sup> @ 5:30 p.m.

Royal Palm Fire Station #28  
Thursday, July 12<sup>th</sup> @ 6 p.m.

Good Samaritan Hospital  
Tuesday, July 17<sup>th</sup> @ 5:30 p.m.

### Tools-To-Quit Classes

FCHC - Pahokee Community Center  
Monday @ 5:30 p.m.  
July 9 & 23, 2018  
August 13 & 27, 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)