



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

Keiser University

Tuesday, July 3rd @ 1:30 p.m.

Martin Memorial Hospital

@ St. Lucie West

Tuesday, July 3rd @ 5:30 p.m.

Tradition Medical Center

Thursday, July 5th @ 3:00 p.m.

Florida Community Health Center

@ Darwin Square

Wednesday, July 11th @ 5:30 p.m.

HANDS Clinic

Wednesday, July 11th @ 5:30 p.m.

Tools-To-Quit Classes

Keiser Univeristy

Tuesday, June 26, 2018 @ 1:30 p.m.

Martin Medical Group

Monday's @ 12:00 p.m.

July 2nd

August 6th

September 10th

October 1st

November 5th and

December 3, 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