



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.



DATE:

February 15th, 2018 (Thursday)

TIME:

5:30pm - 7:30pm

ADDITIONAL INFORMATION:

One time two hour class:

Class Location:

**St. Vincent's - Middleburg
Gottlieb Conference, Room A
1670 St Vincent Way
Middleburg, FL 32068**

Receive FREE participant book, quit bag with water bottle, stress star and nicotine replacement patches, gum, lozenge

For more information, visit us at
tobaccofreeflorida.com/quityourway

FREE

Nicotine replacement patches, gum or lozenges.*
**If medically appropriate and 18 years of age or older.*

FREE

Participant workbook and materials.

More than **DOUBLES** your chances of success!

Programs cover all forms of tobacco.

This program is sponsored by:

**Northeast Florida AHEC
904-482-0189**

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