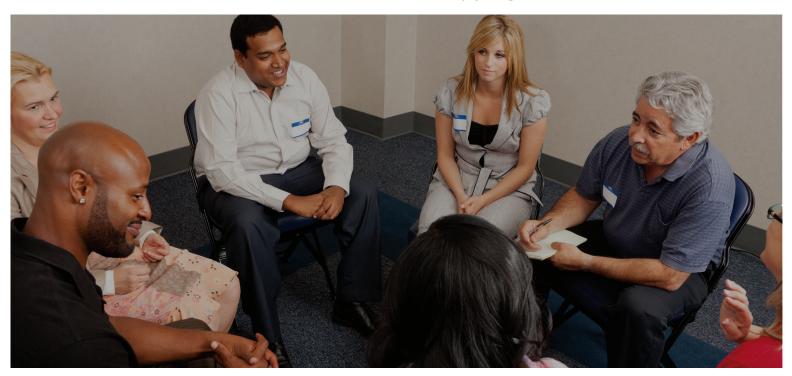


## **QUIT YOUR WAY**

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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