



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.



In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.

Miami-Dade

presents

a **FREE Quit Smoking Now Class**

DATE: 10/28/2024

TIME: 6:00 PM - 7:00 PM Eastern

Pre-registration is required! You will be emailed a link to join by ZOOM conference via video or audio.

ABOUT THE CLASS:

Quit Smoking Now support groups meet once a week for 4 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction, and preventing relapse. Cessation groups cover all forms of tobacco.

BENEFITS:

Nicotine replacement patches, gum or lozenges.

(if medically appropriate for those 18 years of age or older)

Participant workbook and materials.

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

To register, call: (305) 994-9268 Ext. 305

For more information, visit us at:

www.tobaccofreeflorida.com/quityourway

Sponsored by: South Florida Wellness Network, Thriving Mind South Florida, and the State of Florida, Department of Children and Families

**Florida
HEALTH**