



# 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

Free *Tools to Quit* Program

**Thursday, May 26**  
**2:00 - 3:30 pm**

**Langley Health Services**  
**1389 South US Highway 301**  
**Sumterville, 33585**

To Register or Learn More  
Call 1-877-252-6094

## FREE

Nicotine replacement patches,  
gum and lozenges.\*

*\*While supplies last and if medically appropriate.*

## 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.

toll free **877-848-6696**  
[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)