



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be.

Tobacco Free Florida offers tools and services to help you get started.



Benefits:

- Nicotine Replacement Patches, Gum or Lozenges
- Workbook and Materials
- Program more than **DOUBLES** your chances

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.

Florida's Area Health Education Centers now offer Free Virtual Cessation Services-ZOOM group meetings

Pre-registration is required. To register, call (877) 848-6696

Same great program, now in new virtual format to help smokers become tobacco free.

For Professional Online Educational Opportunities (CME/CE)

See Our No Cost Tobacco Training Modules

www.aheceducation.com



www.ahectobacco.com

www.tobaccofreeflorida.com/quityourway

**Florida
HEALTH**