



# 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

FL Dept. of Health- Collier  
County

Building H, Room 206

3339 Tamiami Trail East  
Naples, FL. 34112

Starts Tuesday, November  
13th and continues every  
Tuesday through December,  
18th 2018

5:30—6:30 p.m.

To Register Call 877-819-2357

## FREE

Nicotine replacement patches,  
lozenges, or gum.\*

*\*If medically appropriate and 18 years of age or older.*

## 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)