



# QUIT YOUR WAY

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



**GROUP QUIT** offers two programs:

## **OPTION 1**

A 2-hour session where participants learn how to develop a successful quit plan.

## **OPTION 2**

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.

## **NICOTINE REPLACEMENT**

FREE nicotine patches, lozenges or gum\* to help tobacco users cope with nicotine withdrawal symptoms.

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

## **GROUP COUNSELING**

Is an effective and critical component of any quit attempt, and can more than double the success rate of quitting tobacco.

**Program covers all forms of tobacco.**



## **GROUP QUIT**

Is the in-person option of Tobacco Free Florida Quit Your Way services.

**To Learn More Call: 1-877-252-6094**

[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)

