

# QUIT YOUR WAY

With Tobacco Free Florida



## QUIT YOUR WAY



### PHONE QUIT

Talk to a Quit Coach® to help you get started.



### GROUP QUIT

Get the support you need at one of our group quit sessions.



### WEB QUIT

Get access to online tools to help you quit.



### MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.



[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)  
**1-877-U-CAN-NOW** | (1-877-822-6669)