



# 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. Just pick the one that's right for you and get the support you need.



## PHONE QUIT

A Quit Coach® is waiting for your call to help you on your journey to be tobacco free.

- Quit Coach® 24/7
- 2 weeks nicotine patches or gum
- Custom plan
- 3 calls from Quit Coach®
- 1-877-U-CAN-NOW (1-877-822-6669)



## GROUP QUIT

Register for a session with trained facilitators along with others who want to quit like you.

- Led by a trained specialist
- 2 to 4 weeks nicotine patches, gum or lozenges
- Convenient times & locations
- Group support



## WEB QUIT

Get 24/7 access to Web Quit, where you'll find 2 weeks nicotine patches or gum, a progress tracker and blogs where you can share your story.

- Available 24/7
- 2 weeks nicotine patches or gum
- Track your progress
- Blogs



## 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.

- Available 24/7
- 2 weeks nicotine patches
- Texting support
- Quit Guide & helpful emails