

# QUIT YOUR WAY

## YOUR PRESCRIPTION TO QUIT TOBACCO



### PHONE QUIT

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

**1-877-U-CAN-NOW (1-877-822-6669)**

**TTY/TDD 1-877-777-6534**



### GROUP QUIT

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

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



### WEB QUIT

Get access to online tools to help you quit.

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



### 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.

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We offer free nicotine replacement therapy (nicotine gum, patch or lozenge).\*

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

