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.

DATE:
Tuesday
January 26, 2021

TIME:
3:00 PM - 5:00 PM

LOCATION:
Wildflower Healthcare Clinic
268 Herbert Street
St. Augustine, FL 32084

Pre-registration required.

To register call: 904 - 482 - 0189

For more information, visit us at
tobaccofreeflorida.com/quityourway

FREE

Nicotine replacement patches, gum or lozenges.*
**If medically appropriate and 18 years of age or older.*

FREE

Participant workbook and materials.

More than **DOUBLES** your chances of success!

Programs cover all forms of tobacco.

This program is sponsored by:
Northeast Florida Area Health Education Center (AHEC)

NORTHEAST FLORIDA AHEC
New Directions in Community Health

Florida HEALTH