
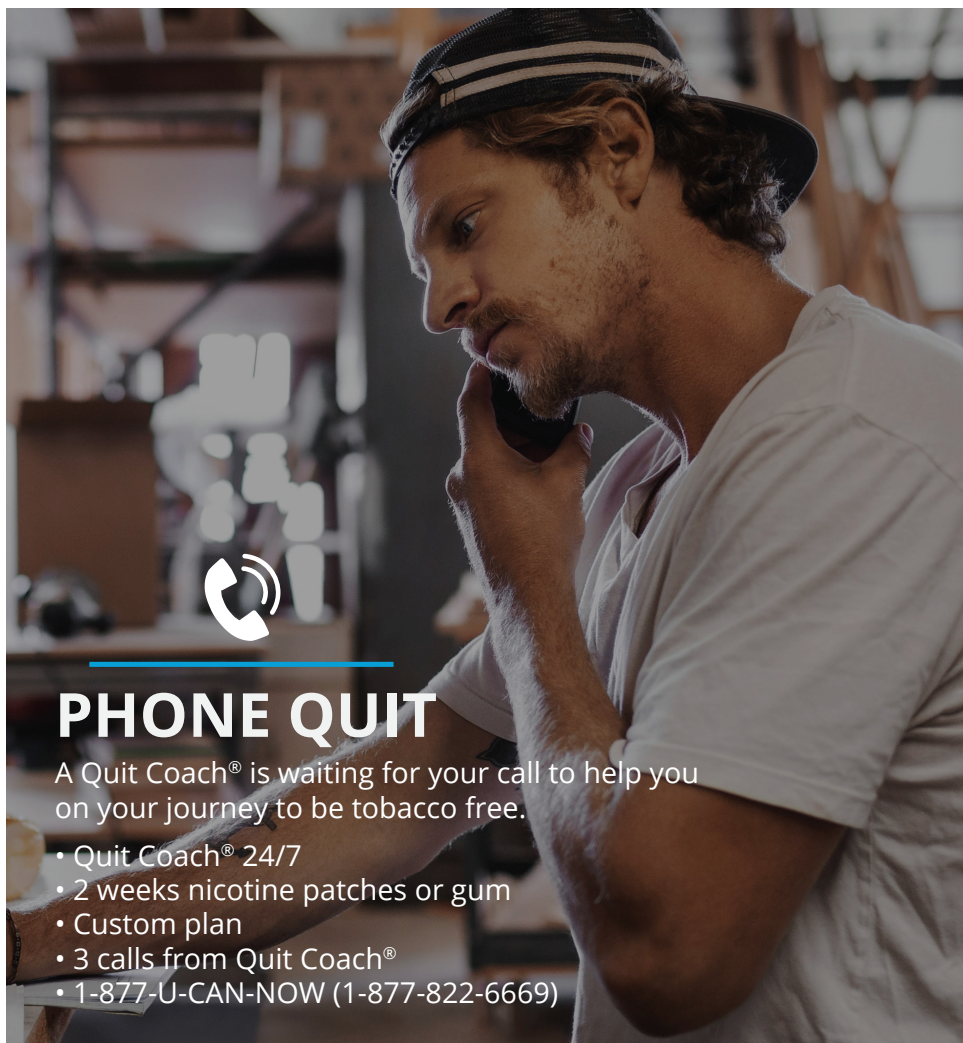




QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.



PHONE QUIT

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


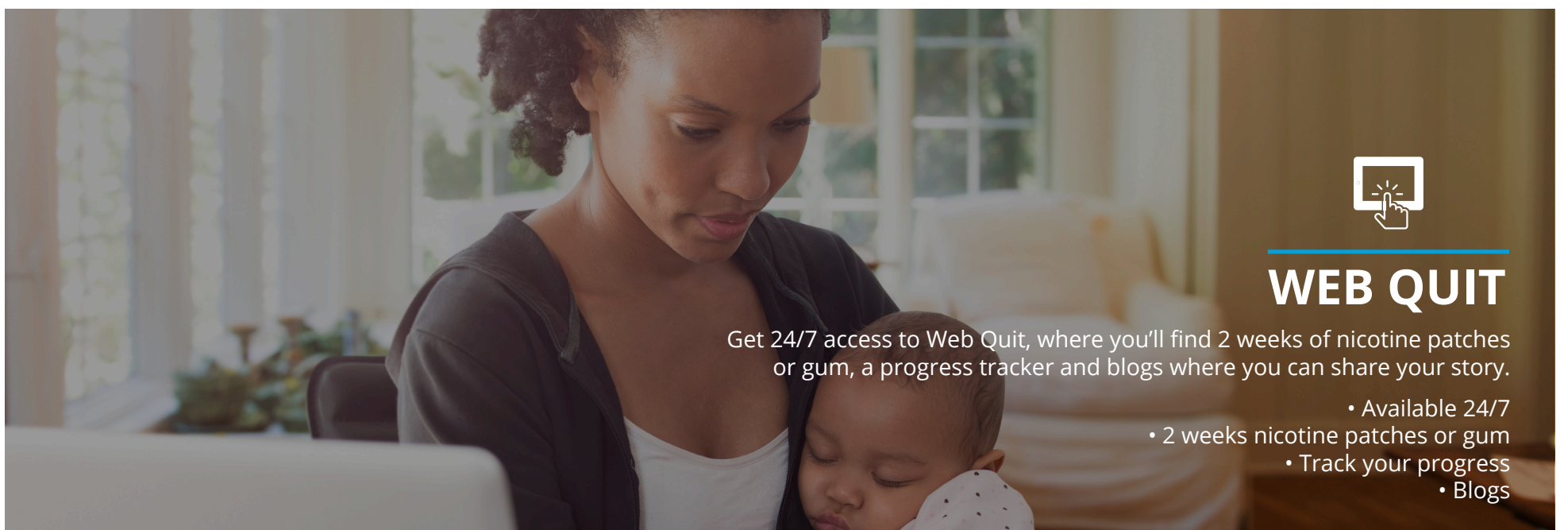
- Quit Coach® 24/7
- 2 weeks nicotine patches or gum
- Custom plan
- 3 calls from Quit Coach®
- 1-877-U-CAN-NOW (1-877-822-6669)



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 of 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

Not interested in phone calls or meetings? Here are some quit tools to help get you started. Choose one. Choose two. Choose as many as you need. Or use them in addition to our Phone, Group and Web services.

2 WEEK STARTER KIT

Our Starter Kit provides two weeks of free nicotine replacement patches to help you quit.*

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

TEXT2QUIT

Receive tips, games and reminders. The Text Messaging program is full of practical advice and encouragement that can help you quit.

EMAIL TIPS

Get the tools and tips on how to quit tobacco and receive professional advice via email.

QUIT GUIDE

A practical and resourceful Quit Guide to help you build your plan to quit.