

# QUIT TOBACCO TODAY

**Tobacco Free Florida offers a number of free resources to help tobacco users quit.**

- Telephone Counseling  
1.877.U.CAN.NOW (1.877.822.6669)  
Talk to a tobacco counselor who can help you QUIT
- Online Help  
You're only a few clicks away from QUITTING, visit [quitnow.net](http://quitnow.net).
- Face-to-Face Counseling  
Quit Smoking Now offers group support weekly for 6 weeks or by Tools to Quit, which is a 90-minute, one time cessation class.

Call 850-682-2552 or 850-595-6500 ext 1830 to

## **SCHEDULE A QUIT DATE**

FREE classes are held every 3<sup>rd</sup> Tuesday  
at 5:00 pm CT at 1295 W. Fairfield Dr.  
in conference room 302/303.

**January 15**

**February 19**

**March 19**

**April 16**

**MY QUIT DAY IS:** \_\_\_\_\_



Tobacco Free Florida in Escambia County  
1295 W. Fairfield Dr. | Pensacola, FL 32501 | 850-595-6500 ext 1830