



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.

CLASS SCHEDULE

FREE

CLASS DATES/TIMES ARE SUBJECT TO CHANGE

PRE-REGISTRATION REQUIRED

850-398-6965

Santa Rosa County:

Department of Health – Santa Rosa County (Milton) 5527

Stewart Street

Quit Smoking Now

Thursdays 5:30pm August 22-September 19, 2019

Thursdays 5:30pm October 17-November 14, 2019

Tools to Quit

Thursday 5:30pm-6:30pm Part 1 December 5, 2019

Thursday 5:30pm-6:30pm Part 2 December 12, 2019

Good Samaritan Clinic (Gulf Breeze) 4435 Gulf Breeze

Parkway (Hwy 98)

Quit Smoking Now

Wednesdays 11:00am July 31- August 28, 2019

Wednesdays 11:00am Sept 11-October 9, 2019

Wednesdays 11:00am October 16-Nov 13, 2019

Tools to Quit

Wednesday 11:00am-Noon Part 1 December 4, 2019

Wednesday 11:00am-Noon Part 2 December 11, 2019

Santa Rosa Medical Center (Milton) 6002 Berryhill Road

Tools to Quit

Friday 11:00am-1:00pm August 23, 2019

***** Pre-registration is required for all classes! Please call 850-398-6965 to reserve your spot!**

FREE

Nicotine replacement patches, lozenges, or gum.*

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

FREE

Community, worksite and clinic groups offered.

Programs cover all forms of tobacco.



GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

Call 850.398.6965 or

toll free 877-848-6696
tobaccofreeflorida.com/quityourway