



# 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.

In the wake of the COVID-19 pandemic,  
quitting is more important than ever!  
Let us help you get the support you need  
from the comfort of your own home.

**Join me Lupe Barroso**

**via ZOOM to start your path to a healthier and smoke free life.**

**We have session:**

**QSN (Quit Smoking Now) 4 sessions, 1 per week for 4 weeks.**

**TTQ (Tools to Quit) 2 sessions, 1 per week for 2 weeks.**

**Books and NRT's (nicotine replacement therapy) will be mailed directly.**

**Pre-registration is required!**

**To register: 305-585-5319**