



# 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.

We help you design a quit plan based on your lifestyle and needs.

## Local Classes:

**Holmes County Health Department**  
603 Scenic Hill Circle  
Bonifay, FL 32425

3rd Thursday of each Month  
1:00pm-3:00pm CST

**Doctor's Memorial Hospital**  
2600 Hospital Drive  
Bonifay, FL 32425

2nd Wednesday of each Month  
4:00pm-6:00pm CST

**Washington County Health Department**  
1338 South Blvd.  
Chipley, FL 32428

2<sup>nd</sup> Tuesday of each Month  
5:30pm-7:30pm CST

Participants are eligible for 2 Group Quit courses between July 1 & June 30. For each Group Quit course, a participant can receive up to 4 weeks of nicotine replacement patches, gum, or lozenges.

## FREE

Nicotine replacement **patches, gum, and lozenges.**

*\*While supplies last and if medically appropriate.*

## FREE

Community, worksite, and clinic groups offered.

*Programs cover all forms of tobacco.*

Call 850-224-9340 to register  
or email [register@bigbendahec.org](mailto:register@bigbendahec.org)

**\*Courses are cancelled if no one is registered to attend**



## GROUP QUIT

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



Toll free 1-877-848-6696

[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)