

Learn to Live Without Tobacco.

Help is **FREE!**



IQuit with AHEC Offers Two Programs:

Option 1: A 2-hour session where participants learn how to develop a successful quit plan.

Option 2: Support groups meet once a week for 6 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse.

Nicotine Replacement:

FREE nicotine patches, lozenges and gum to help tobacco users cope with nicotine withdrawal symptoms (*while supplies last and if medically appropriate*).

Group Counseling:

Is an effective and critical component of any quit attempt, and can double the success rate of quitting tobacco.

IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free and Easy Ways to Quit.

Programs cover all forms of tobacco.

Sponsored by: Gulfcoast North AHEC and the Florida Department of Health.



813.929.1000

www.ahectobacco.com