

Want to Quit Smoking?



JOIN A VIRTUAL CLASS

Join a virtual class, learn about the financial and physical costs of smoking, identify triggers and cravings, receive a nicotine replacement therapy starter kit, opt into "text support," learn how to support someone who has decided to stop smoking, or set an official "quit date."



QUITTING IS MORE IMPORTANT THAN EVER

In the wake of the COVID-19 pandemic, quitting is more important than ever. *Tobacco Free Florida* brings you, free virtual classes, to help you get the support you need at home. Classes meet for four weeks via *Zoom*, and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse. Cessation groups cover all forms of tobacco.

To Register:

Call 877.819.2357 or for more information.

Classes begin:

Tuesday, May 19, 2020

Visit:

tobaccofreeflorida.com/quityourway



Sponsored By:

The Everglades Area Health Education Center. Quit Your Way.



Supported By:



The School Board of Broward County, Florida Donna P. Korn, Chair • Dr. Rosalind Osgood, Vice Chair • Lori Alhadeff • Robin Bartleman • Heather P. Brinkworth Patricia Good • Laurie Rich Levinson • Ann Murray • Nora Rupert • Robert W. Runcie, Superintendent of Schools

The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender identity, gender expression, genetic information, marital status, national origin, race, religion, sex or sexual orientation. The School Board also provides equal access to the Boy Scouts and other designated youth groups. Individuals who wish to file a discrimination and/or harassment complaint may call the Director, Equal Educational Opportunities/ADA Compliance Department & District's Equity Coordinator/Title IX Coordinator at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. Individuals with disabilities requesting accommodations under the Americans with Disabilities Act Amendments Act of 2008, (ADAAA) may call Equal Educational Opportunities/ADA Compliance Department at 754-321-2150 or Teletype Machine (TTY) 754-321-2158.

browardschools.com