

# CHOOSE TO QUIT TODAY.



**Attend a six-week tobacco program and receive free medication to support your quit. This program is open to all UF and UF Health employees and families.**

The free six-week program, *Quit Smoking Now*, is offered by IQuit with AHEC as part of Tobacco Free Florida and covers all forms of tobacco use including cigarettes, smokeless tobacco such as "dip," and electronic cigarettes.

- ▶ Includes **FREE** nicotine patches, gum and/or lozenges\*
- ▶ Includes **FREE** workbook and materials
- ▶ More than **DOUBLES** your chances of success

*\*While supplies last and if medically appropriate*

## Ready to Quit?

**Interested employees and family members should call 352.733.9202 to get more information about class times and locations and to enroll today.**

The University of Florida and UF Health Shands have policies in place that help us reinforce safe and healthy behaviors. The use of tobacco products on campus is prohibited for faculty, staff, students and volunteers as well as patients and visitors.

**UF** UNIVERSITY of FLORIDA



**Wellness**  
University of Florida and UF Health

**UFHealth**  
UNIVERSITY OF FLORIDA HEALTH