

TOBACCO PROGRAM OPTIONS & COURSE SCHEDULE

Choose your program then register online
to qualify for the **2018 BEST Plan Level**



NEW! Tobacco Education: Online Course "Living Free"

A good option if you don't think you want to quit and just want to qualify. But, this online module will ask you to consider thinking differently utilizing videos, quizzes, self assessments and assignments. **TAKES 6 WEEKS TO COMPLETE** - successful completion required. \$25 copay.

START BY JULY 20TH TO COMPLETE BY AUGUST 31!



Quitline

Florida Quitline for those who may want to quit but need the convenience of telephonic coaching. **3 sessions required.** Certificate of Completion required; \$25 co-pay.



Tobacco Cessation Course

For those who want to quit. Course focuses on cessation and how to do it. One-four hour course held on Saturday. \$25 copay

Saturday, August 26, 9a - 1p
Manatee Memorial Hospital, Auditorium
206 2nd St E, Bradenton, FL 34208

Enter main lobby, go down hallway following signs for the auditorium. Take a left at the vending machines and the auditorium will be on your right. Parking is available in the parking garage or in the uncovered lot.