

In-Person Group Sessions



Quit tobacco with **Group Quit.**

There's never been a more
important time to quit.

Sponsored by:



Group Schedule:

Quit Smoking Now 4 Week Program

Department of Health
in Okaloosa County
221 Hospital Drive NE
Fort Walton Beach, FL 32548

Thursdays
12:00PM-1:00PM

January
4th, 11th, 18th, & 25th

February
8th, 15th, 22nd, & 29th

March
7th, 14th, 21st, & 28th



Virtual Group Sessions

Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
*if medically appropriate for those 18 years of age or older
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

For more information on Group
Quit sessions, contact:

850-398-6965



**Florida
HEALTH**

Learn more about all of
Tobacco Free Florida's tools and services at
tobaccofreeflorida.com/quityourway

Please Call **850-398-6965** to pre-
register!