

Quit tobacco with **Group Quit.**

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



Virtual Group Sessions



In-Person 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.



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

Sponsored by:



For more information on Group
Quit sessions, contact:

850-398-6965

Group Schedule:

Quit Smoking Now
4 Week *Zoom* Program

Mondays 10:30AM

January

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

February

5th, 12th, 19th & 26th

March

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

Tuesdays 5:30PM

January

9th, 16th, 23rd, & 30th

February

6th, 13th, 20th, & 27th

March

5th, 12th, 19th, 26th

Please call
850-398-6965 to
Pre-register!