

# 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](https://tobaccofreeflorida.com/quityourway)

Sponsored by:



For more information on Group  
Quit sessions, contact:

850-398-6965

## Group Schedule:

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

**Thursdays**  
**11:30AM-12:30PM**

**Quit Smoking Now**

**4 Week Program**

**October**

**10th, 17th, 24th & 31st**

**Tools To Quit**

**2 Part Program**

**November**  
**7th, & 21st**

**December**  
**2nd & 23rd**

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