

Quit tobacco with Group Quit.

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



In-Person Group Sessions



Virtual Group Sessions

4-WEEK COURSE

A support group that meets once a week for 4-weeks to cover a variety of topics, including:

- Reasons and Benefits of Quitting.
- Your Quit Plan.
- Becoming Tobacco/Nicotine Free.
- Preventing Relapse.

Benefits:

- **FREE** group session led by a trained specialist.
- **FREE** nicotine replacement patches, gum or lozenges.*

**If medically appropriate and 18 years of age or older.*

- In-person and virtual group offerings.
- Covers all forms of nicotine.
- More than **DOUBLES** your chances of success.

Group Schedule:

Quit Smoking Now Class

Department of Health
in Okaloosa County
221 Hospital Drive NE

Fort Walton Beach, FL 32548

Thursdays 11:30am-12:30pm

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

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

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

Sponsored by:



For more information, contact:

850-398-6965

To learn more about all of Tobacco Free Florida's tools and services, visit TobaccoFreeFlorida.com/quityourway.

