

# 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 Zoom Class

**Mondays 10:00am-11:00am**

#### January

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

#### February

**3rd, 10th, 17th, & 24th**

#### March

**3rd, 10th, 17th, & 24th**



For more information, contact:

**850-398-6965**

To learn more about all of Tobacco Free Florida's tools and services, visit [TobaccoFreeFlorida.com/quityourway](https://TobaccoFreeFlorida.com/quityourway).

