

Quit tobacco with Group Quit.

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



In-Person Group Sessions

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.

Group Schedule:

Join on Zoom using a computer or mobile phone or call in by phone:

Mondays - 5 week Group Schedule

September 6th - October 11th
11 am - Noon

November 1st - 29th
11 am - Noon

December 6th - 27th
11 am - Noon

January 3rd - 31st, 2022
11 am - Noon

February 7th-March 7th, 2022
11 am - Noon

Sponsored by:



For more information on Group Quit sessions, contact:

West Florida AHEC
850-398-6965



Florida
HEALTH

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