Quit tobacco with Group Quit.

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



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 - 4 week Group Schedule

11 am - Noon

March 7th-28th, 2022

April 4th-25th, 2022

May 2nd-30th, 2022

June 6th-27th, 2022

Sponsored by:



For more information on Group Quit sessions, contact:

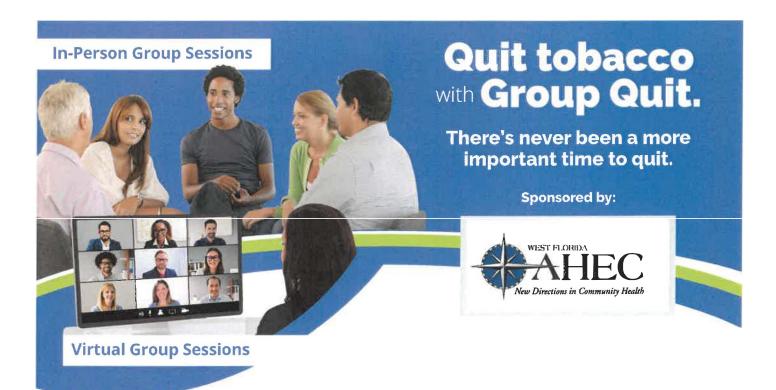
West Florida AHEC 850-398-6965



Florida HEALTH

Learn more about all of Tobacco Free Florida's tools and services at

tobaccofreeflorida.com/quityourway



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Group Schedule:

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March, April, and May Group Schedule (On Zoom)

2nd & 4th Tuesday of the month

6:30pm-8:30pm

Every Wednesday of the month

10:00am-Noon

3rd Saturday of the month

9:00am- 11:00am