

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 - 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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**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



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