

Quit tobacco with **Group Quit.**

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

**Virtual Group
Sessions**



**In-Person 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.

Sponsored by:

For more information on Group
Quit sessions, contact:

Group Schedule:



**Florida
HEALTH**

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