

# 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:

**Saturday, May 7, 2022 at 12:30pm**

**Orange Park Library**  
2054 Plainfield Avenue  
Orange Park, FL 32073

**Monday, May 16, 2022 at 6:00pm**

**Mission of the Dirt Road**  
7790 SR 100  
Keystone Heights, FL 32656

**Monday, May 23, 2022 at 5:30pm**

**Fleming Island United Methodist Church**  
7170 Hwy 17  
Fleming Island, FL 32003

**Friday, May 27, 2022 at 10:00am**

**Middleburg-Clay Hill Library**  
2245 Aster Ave  
Middleburg, FL 32068

To pre-register, call: 904-482-0189

### Sponsored by:



For more information on Group  
Quit sessions, contact:

Northeast Florida Area Health  
Education Center

904-482-0189



**Florida  
HEALTH**

Learn more about all of  
Tobacco Free Florida's tools and services at  
[tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)