

# 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.



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

Sponsored by:



For more information on Group  
Quit sessions, contact:  
Northeast Florida Area Health  
Education Center  
904-482-0189

## Group Schedule:

**Saturday, May 7, 2022 at 10:00am**  
**Mayo Clinic Primary Care**  
7826 Ozark Drive  
Jacksonville, FL 32256

**Saturday, May 7, 2022 at 10:00am**  
**Williams YMCA Healthy Living Center**  
10415 San Jose Blvd  
Jacksonville, FL 32257

**Wednesday, May 11, 2022 at 5:30pm**  
**Inspire to Rise**  
5927 Old Timuquana Road  
Jacksonville, FL 32210

**Friday, May 20, 2022 at 10:00am**  
**Winston Family YMCA  
Healthy Living Center**  
221 Riverside Avenue  
Jacksonville, FL 32202

**Monday, May 23, 2022 at 5:30pm**  
**Baptist North Healthy Living Center**  
11236 Baptist Health Drive  
Jacksonville, FL 32218

**Tuesday, May 24, 2022 at 1:00pm**  
**Access Center**  
1605 North Myrtle Ave  
Jacksonville, FL 32209