

# 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:

**Wednesday, May 18, 2022 at 5:30pm**  
**Dining with Dignity**  
50 Bridge Street  
St. Augustine, FL 32084

**Monday, May 23, 2022 at 4:00pm**  
**Flagler Health+ Wellness Center**  
120 Health Park Boulevard  
St. Augustine, FL 32086

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)