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:

DATE

Wednesday
May 25, 2022

TIME

12:00 PM - 2:00 PM

LOCATION

Barnabas Center
1303 Jasmine St, Ste 101
Fernandina Beach, FL 32034

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

Sponsored by:

NORTHEAST FLORIDA AHEC
New Directions in Community Health

For more information on Group Quit sessions, contact:

Northeast Florida Area Health Education Center

904-482-0189

Tobacco Free Florida .com | Florida HEALTH

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