

# 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:

### Virtual Group Quit Sessions

Tuesday, May 3, 2022 at  
10:00am-12:00pm

Thursday, May 5, 2022 at  
1:00pm-3:00pm

Monday, May 9, 2022 at  
2:00pm-4:00pm

Wednesday, May 11, 2022 at  
5:30pm-7:30pm

Tuesday, May 17, 2022 at  
10:00am-12:00pm

Thursday, May 19, 2022 at  
1:00pm-3:00pm

Saturday, May 21, 2022 at  
9:00am-11:00am

Wednesday, May 25, 2022 at  
5:30pm-7:30pm

Thursday, May 26, 2022 at  
10:00am-12:00pm

Tuesday, May 31, 2022 at  
2:00pm-4:00pm

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