

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, June 4, 2022 at 12:30pm
Orange Park Library
2054 Plainfield Avenue
Orange Park, FL 32073

Monday, June 13, 2022 at 6:00pm
Middleburg-Clay Hill Library
2245 Aster Ave
Middleburg, FL 32068

Monday, June 20, 2022 at 6:00pm
Mission of the Dirt Road
7790 SR 100
Keystone Heights, FL 32656

Monday, June 27, 2022 at 5:30pm
Fleming Island United Methodist Church
7170 Hwy 17
Fleming Island, FL 32003

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