

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

Sponsored by:



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

Group Schedule:

Saturday, June 4, 2022 at 10:00am
Mayo Clinic Primary Care
7826 Ozark Drive
Jacksonville, FL 32256

Saturday, June 4, 2022 at 10:00am
Williams YMCA Healthy Living Center
10415 San Jose Blvd
Jacksonville, FL 32257

Wednesday, June 15, 2022 at 2:00pm
AHEC Office
4811 Beach Blvd, Ste 200
Jacksonville, FL 32207

Wednesday, June 15, 2022 at 5:30pm
Inspire to Rise
5927 Old Timuquana Road
Jacksonville, FL 32210

Friday, June 17, 2022 at 10:00am
Winston Family YMCA
221 Riverside Avenue
Jacksonville, FL 32202

Monday, June 27, 2022 at 5:30pm
Baptist North - Healthy Living Center
11236 Baptist Health Drive
Jacksonville, FL 32218

Tuesday, June 28, 2022 at 1:00pm
Access Center
1605 North Myrtle Ave
Jacksonville, FL 32209

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