

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, June 1, 2022 at 5:30pm
Dining with Dignity
50 Bridge Street
St. Augustine, FL 32084

Tuesday, June 21, 2022 at 5:30pm
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