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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:

866-341-2730

Group Schedule:

Join on Zoom using a computer or mobile phone or call in by phone:

One-time Group

Sunday, May 5, 2024
2:00 PM - 4:00 PM

Saturday, June 1, 2024
10:00 AM - 12:00 PM

4-week Group

Tuesdays, April 27 - May 14, 2024
5:30 PM - 6:30 PM

Tuesdays, June 4 - June 25, 2024
6:00 PM - 7:00 PM

Pre-registration required.

Please click below to view our county specific flyers:

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[Marion](#) [Putnam](#) [Suwannee](#) [Union](#)

Tobacco Free Florida Online Referral Form

If you would like to have a link for your facility to submit automated referrals to a Tobacco Free Florida AHEC Cessation Program, please fill out this [form](#)

[Online Calendar and Registration Link](#)

If you aren't already a member of this listserv, please click here to [subscribe!](#)



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Monthly Tobacco Calendar*

Our mailing address is:

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