

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.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

*if medically appropriate for those 18 years of age or older

Group Schedule:

Scan the QR Code to Enroll:



Pre-registration is required

Sponsored by:



For more information on Group
Quit sessions, contact:

850-224-9340



**Florida
HEALTH**

Learn more about all of
Tobacco Free Florida's tools and services at
tobaccofreeflorida.com/quityourway



***There's never been a better time to quit
with Group Quit.***



GROUP QUIT

Free, expert-led in-person or virtual sessions for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.*

Pre-registration is recommended.

Call Big Bend AHEC today
at: 850-224-9340

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