

# 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:

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

#### Mondays - 5 week Group Schedule

September 6th - October 11th  
11 am - Noon

November 1st - 29th  
11 am - Noon

December 6th - 27th  
11 am - Noon

January 3rd - 31st, 2022  
11 am - Noon

February 7th-March 7th, 2022  
11 am - Noon

### Sponsored by:



For more information on Group Quit sessions, contact:

West Florida AHEC  
850-398-6965



Florida  
HEALTH

Learn more about all of Tobacco Free Florida's tools and services at [tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)

## In-Person Group Sessions



## Virtual Group Sessions

# Quit tobacco with **Group Quit.**

There's never been a more important time to quit.

Sponsored by:



## Group Schedule:

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

**October, November, & December Group Schedule**

**3rd Monday of the month**  
3:00pm-5:00pm

**2nd Tuesday of the month**  
2:00pm-4:00pm

**2nd & 4th Tuesday of the month**  
5:30pm-7:30pm

**Every Wednesday of the month**  
10:00am-Noon

**1st & 3rd Thursday of the month**  
6:00pm-8:00pm

**3rd Saturday of the month**  
9:00am- 11:00am

\*no classes held on  
Nov. 24, 25, or Dec. 24 -31

## 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.

For more information on Group Quit sessions, contact:

**West Florida AHEC**  
**850-398-6965**



**Florida  
HEALTH**

Learn more about all of Tobacco Free Florida's tools and services at [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)