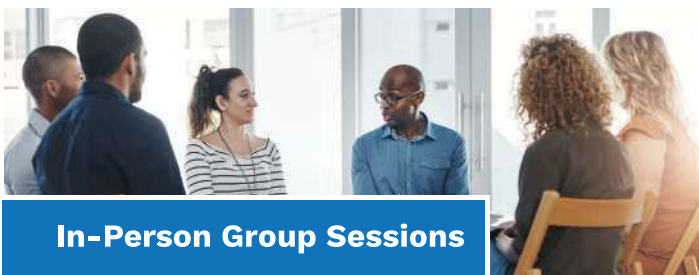


Quit tobacco with **Group Quit.**

**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.

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:**

Virtual Tools to Quit (One-time 2-hour)

Saturday, January 10, 2026

10 a.m. - 12 p.m.

Sunday, January 25, 2026

3 - 5 p.m.

Virtual Quit Smoking Now (4-weeks)

Occurs every Wednesday starting

January 7, 2026 - January 28, 2026

6 - 7 p.m.

Occurs every Thursday starting

January 15, 2026 - February 5, 2026

11 a.m. - 12 p.m.

**Pre-registration required. Zoom link will
be sent after registering.**

**Florida
HEALTH**



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