

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.

**Florida
HEALTH**



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:**

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

Sunday, December 7, 2025
3 - 5 p.m.

Virtual Quit Smoking Now (4-weeks)

Occurs every Monday starting
November 24, 2025 - December 15, 2025
1:30 - 2:30 p.m.

Occurs every Tuesday starting
November 25, 2025 - December 16, 2025
5 - 6 p.m.

Occurs every Tuesday starting
December 30, 2025 - January 20, 2026
5:30 - 6:30 p.m.

Join an in-person group:

Tools to Quit (One-time 2-hour)

CareerSource Northeast FL - Palatka
Thursday, December 18, 2025
11 a.m. - 1 p.m.

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

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Group Schedule:

Júñase a Zoom usando una computadora o teléfono móvil o llamar porteléfono:

Herramientas virtuales para dejar de fumar (una sola vez, 2 horas)

Lunes,
6 de octubre de 2025

5:30 p.m. - 7:30 p.m.

Lunes,
10 de noviembre de 2025

5:30 p.m. - 7:30 p.m.

Lunes,
8 de diciembre de 2025

5:30 p.m. - 7:30 p.m.

Se requiere preinscripción. El enlace de Zoom se enviará después de registrarse.

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