

# 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, June 7, 2026**  
3 - 5 p.m.

**Tuesday, June 16, 2026**  
5 - 7 p.m.

*Virtual Quit Smoking Now (4-weeks)*

**Occurs every Monday starting**  
June 1, 2026 - June 22, 2026  
3:30 - 4:30 p.m.

**Occurs every Wednesday starting**  
June 3, 2026 - June 24, 2026  
6 - 7 p.m.

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