

Quitting tobacco isn't easy

Finding Help Should Be



Virtual Group Sessions



In-Person Group Sessions

Join a **Group Quit Session** in your area.
CALL TODAY:

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



**Florida
HEALTH**

Quit Tobacco with **Group Quit.**

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

Sponsored By:

Group Quit is the in-person option of
Tobacco Free Florida Quit Your Way programs.

Help is **FREE!**

Call to register:

Or sign up using the Group Quit calendar:

**[www.tobaccofreeflorida.com/
groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar)**