

GROUP QUIT

- **FREE** – No cost to participate
- **FREE** – Nicotine replacement patches, gum or lozenges*
- Group sessions led by trained specialists
- Programs cover all forms of tobacco
- More than **DOUBLES** your chances of success!

**If medically appropriate and 18 years of age or older.*



GROUP QUIT

Is the in-person option of Tobacco Free Florida's Quit Your Way services.



Toll-free 877.848.6696

www.tobaccofreeflorida.com/quityourway



QUIT YOUR WAY



Quitting tobacco isn't easy.
Finding help should be.



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GROUP QUIT

PROGRAM OPTIONS

OPTION 1

A 2-hour session where participants learn how to develop a successful quit plan.

OPTION 2

Support groups meet once a week for 4 weeks and cover a variety of topics, including coping with withdrawal symptoms, managing addiction and preventing relapse.

Sponsored by:

NICOTINE REPLACEMENT:

FREE nicotine patches, lozenges or gum to help tobacco users cope with nicotine withdrawal symptoms.

**If medically appropriate and 18 years of age or older.*

GROUP COACHING:

Is an effective and critical component of any quit attempt, and can double the success rate of quitting tobacco.

