

Quitting tobacco isn't easy

Finding Help Should Be



Virtual Group Sessions



In-Person Group Sessions

For a Limited Time Only, Group Quit sessions (In-Person or Virtual) now offer participants \$25 - \$125 in gift cards for their attendance.*
To learn more, call [AHEC number]

*while supplies last

Learn more about all of Tobacco Free Florida's tools and services at
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:

[TobaccoFreeFlorida.com/GroupQuitCalendar.](https://TobaccoFreeFlorida.com/GroupQuitCalendar)