

SMOKING IS TWICE THE PRICE

Cigarettes **harm your health**
and **waste your wealth.**

QUIT SMOKING TODAY WITH GROUP QUIT!

For a limited time only, gift cards are
available for attending in-person or
virtual Group Quit sessions.



\$25-\$125
in gift cards
are available*



GROUP QUIT

To sign up, call
[AHEC Name]
at
[AHEC Number]

[AHEC Logo]



*while supplies last

The average smoker spends about
\$2,000 a year on
cigarettes.

On average, smokers die
10 years earlier
than nonsmokers.

The good news is that
**quitting smoking benefits
your health**
almost immediately.

Nicotine replacement therapy can
**double your chances
of quitting for good.**

**Florida
HEALTH**

