

Quit tobacco with Group Quit.

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



In-Person Group Sessions



Virtual Group Sessions

4-WEEK COURSE

A support group that meets once a week for 4-weeks to cover a variety of topics, including:

- Reasons and Benefits of Quitting.
- Your Quit Plan.
- Becoming Tobacco/Nicotine Free.
- Preventing Relapse.



Benefits:

- **FREE** group session led by a trained specialist.
- **FREE** nicotine replacement patches, gum or lozenges.*
- In-person and virtual group offerings.
- Covers all forms of nicotine.
- More than **DOUBLES** your chances of success.

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

Group Schedule:

DATES

Tuesdays
January 7, 2025 -
January 28, 2025

TIME

5:30 PM - 6:30 PM

LOCATION

Flagler County Health Dept
301 Dr. Carter Blvd
Bunnell, FL 32110

Sponsored by:



For more information, contact:
Northeast Florida Area Health
Education Center
904-482-0189

To learn more about all of Tobacco Free Florida's tools and services, visit TobaccoFreeFlorida.com/quityourway.

