

Quit tobacco with Group Quit.

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



In-Person Group Sessions



Virtual Group Sessions

Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

*if medically appropriate for those 18 years of age or older

Group Schedule:

Weekly In-Person Classes

UF Health Family Medicine:

- Magnolia Park
- Springhill
- Main Street
- Haile Plantation

Other Locations:

- UF East Campus
- UF HealthStreet

Weekly Virtual Meetings

Join on Zoom using a computer or mobile phone

Sponsored by:

UF | Area Health
Education Centers
UNIVERSITY of FLORIDA

For more information on Group
Quit sessions, contact:

352-273-5224



**Florida
HEALTH**

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