

# 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
- Student Health Care Center

#### Weekly Virtual Meetings

Join 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](https://tobaccofreeflorida.com/quityourway)