

Quit tobacco with **Group Quit.**

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

Virtual Group Sessions



In-Person Group Sessions



Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
*if medically appropriate for those 18 years of age or older
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.



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

Sponsored by:

For more information on Group
Quit sessions, contact:

Group Schedule:

- Nov. 1** | *GSAHEC Virtual TTQ* | 2:00 - 4:00pm
- Nov. 4** | *Mt. Carmel Resource Center* | 11:30am-1:30pm
- Nov. 8** | *GSAHEC Virtual TTQ* | 2:00 - 4:00pm
- Nov. 8** | *GSAHEC Virtual QSN #1* | 10:00 - 11:00am
- Nov. 9** | *South Florida State College* | 1:00 - 3:00pm
- Nov. 9** | *SPANISH Virtual TTQ* | 5:30 - 7:30pm
- Nov. 9** | *Blake Medical Center* | 6:00 - 8:00pm
- Nov. 10** | *Fawcett Memorial Hospital* | 5:30 - 7:30pm
- Nov. 15** | *GSAHEC Virtual QSN #2* | 10:00 - 11:00am
- Nov. 15** | *Bayfront Health Port Charlotte* | 2:00 - 4:00pm
- Nov. 17** | *Elsie Quirk Public Library* | 5:30 - 7:30pm
- Nov. 18** | *GSAHEC Audio Group* | 10:00 - 12:00pm
- Nov. 18** | *Goodwill Manasota* | 10:00 - 12:00pm
- Nov. 18** | *Sarasota Memorial Hospital* | 5:30 - 7:30pm
- Nov. 18** | *GSAHEC Virtual TTQ* | 6:00 - 8:00pm
- Nov. 22** | *GSAHEC Virtual QSN #3* | 10:00 - 11:00am
- Nov. 22** | *GSAHEC Virtual TTQ* | 2:00 - 4:00pm
- Nov. 23** | *North Port Health Center* | 2:00 - 4:00pm
- Nov. 24** | *Selby Public Library* | 5:30 - 7:30pm
- Nov. 29** | *GSAHEC Virtual QSN #4* | 10:00 -11:00am
- Nov. 29** | *GSAHEC Virtual TTQ* | 2:00 - 4:00pm
- Nov. 30** | *SPANISH Virtual TTQ* | 3:00 - 5:00pm