

Quit tobacco with Group Quit.

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



In-Person Group Sessions



Virtual Group Sessions

2 HOUR SESSION

BENEFITS:

- **FREE** group session led by a trained specialist.
- **FREE** nicotine replacement patches, gum or lozenges.*
*If medically appropriate and 18 years of age or older.
- Participants learn how to develop a successful quit plan and set their own quit date.
- Provides activities to engage participants and highlights important steps in their quit journey.
- In-person and virtual group offering.
- Covers all forms of nicotine.
- More than **DOUBLES** your chances of success.



Group Schedule:

DATE

**Thursday
January 15, 2026**

TIME

1:00 PM - 3:00 PM

LOCATION

**Flagler Dept. of Health
Tobacco Free Moms & Babies
Program**

**Flagler County Public Library
2500 Palm Coast Pkwy NW
Palm Coast, FL 32137**



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.

