

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
October 15, 2026

TIME

10:00 a.m. - 12:00 p.m

LOCATION

Florida Dept. of Health, Volusia
Tobacco Free Moms & Babies
Program
1845 Holsonback Drive
Daytona Beach, FL 32117

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.

