

Quit tobacco with Group Quit.

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



In-Person Group Sessions



Virtual Group Sessions

4-WEEK COURSE

A support group that meets once a week for 4-weeks to cover a variety of topics, including:

- Reasons and Benefits of Quitting.
- Your Quit Plan.
- Becoming Tobacco/Nicotine Free.
- Preventing Relapse.

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.*

- In-person and virtual group offerings.
- Covers all forms of nicotine.
- More than **DOUBLES** your chances of success.

Group Schedule:

DATE

Mondays

June 9, 2025 - June 30, 2025

TIME

10:00 AM - 11:00 AM

LOCATION

**St. Johns Co. Dept. of Health
Tobacco Free Moms & Babies
Program**

**200 San Sebastian View
St. Augustine, FL 32084**



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.

