



877-819-2357

Pre-registration is required!
You will be e-mailed a link to
join by Zoom conference.

Starting dates are listed below:

There's never been a better time to quit with Group Quit.

*Tobacco Free Florida's Group Quit Sessions (in-person or virtual) now
offer participants \$25 - \$125 in gift cards for their attendance.**

4 WEEK COURSES

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:

Virtual QSN Groups

Sat January 3rd 10:00 AM

Mon January 5th 12:00 & 5:30 PM

Tue January 6th 10:00 AM & 7:00 PM

Wed January 7th 12:00 PM

Thur January 8th 3:00 & 5:30 PM

Tue January 13th 3:00 PM & 5:30 PM

Wed January 14th 10:00 AM & 5:30 PM

Sat January 17th 11:30 AM

Tue January 20th 11:00 AM & 5:30 PM

Wed January 21st 7:00 PM

Thu January 22nd 10:00 AM & 6:00 PM

Mon January 26th 1:00 PM & 7:00 PM

Wed January 28th 10:00 AM & 5:30 PM

Sat January 31st 10:00 AM

New classes added regularly - please
copy and paste the link below.

<https://www.calendarwiz.com/calendars/calendar.php?crd=ahectobacco&>

