



Quit tobacco with virtual Group Quit.

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

Free, expert-led online sessions are now available for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.*

For more information on virtual Group Quit classes, contact:

Central Florida AHEC

1-877-252-6094 www.ahectobacco.com

**if medically appropriate for those 18 years of age or older*

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



**Florida
HEALTH**