

In-Person Group Sessions



Quit tobacco with **Group Quit.**

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

Sponsored by:



GULF COAST NORTH
AREA HEALTH
EDUCATION CENTER



Virtual Group Sessions

Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
*if medically appropriate for those 18 years of age or older
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

For more information on Group Quit sessions, contact:

Gulfcoast North AHEC
813-929-1000

Group Schedule:

4-Week Virtual Group

Fridays, November 1 - November 22, 2024
7:00am - 8:00am

Fridays, November 1 - November 22, 2024
6:00pm - 7:00pm

Tuesdays, November 5 - November 26, 2024
3:00pm - 4:00pm

Mondays, November 18 - December 16, 2024
1:00pm - 2:00pm

One-Time Virtual Group

Thursday, November 7, 2024 | 2:00pm - 4:00pm

Wednesday, November 13, 2024 | 6:00pm - 8:00pm

Monday, November 18, 2024 | 9:30am - 11:30am **SPANISH**

Saturday, November 23, 2024 | 10:00am - 12:00pm **SPANISH**



**Florida
HEALTH**

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

Registration is required.

Call the GNAHEC office or register online:
tobaccofreeflorida.com/groupquitcalendar