

## 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

## Group Schedule:

### 4-Week In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare  
300 South Main Street, Brooksville  
Fridays, November 1 - November 22, 2024  
10:00am - 11:00am

### One-Time In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare  
7551 Forest Oaks Boulevard, Spring Hill  
Monday, November 4, 2024  
1:00pm - 3:00pm

NAMI Hernando Recovery Community Center  
4034 Commercial Way, Spring Hill  
Monday, November 18, 2024  
2:00pm - 4:00pm

Crescent Community Clinic  
5244 Commercial Way (US 19), Spring Hill  
Wednesday, November 20, 2024  
10:00am - 12:00pm

HCA Florida Oak Hill Hospital  
11371 Cortez Boulevard, Brooksville  
Wednesday, November 20, 2024  
1:00pm - 3:00pm

People Helping People  
1396 Kass Circle, Spring Hill  
Tuesday, November 26, 2024  
12:00pm - 2:00pm

Registration is required.

Call the GNAHEC office or register online:

[tobaccofreeflorida.com/groupquitcalendar](https://tobaccofreeflorida.com/groupquitcalendar)

## 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**



**Florida  
HEALTH**

Learn more about all of  
Tobacco Free Florida's tools and services at  
[tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)