

## 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 In-Person Group Quit Sessions

**BayCare - St. Anthony's Hospital**  
**1200 7th Avenue North, St. Petersburg**  
**Fridays, November 22 - December 13, 2024**  
**12:00pm - 1:00pm**

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

**Florida DOH Pinellas - Mid County**  
**8751 Ulmerton Road, Largo**  
**Thursday, November 14, 2024**  
**12:00pm - 2:00pm**

**HCA - Northside Hospital**  
**6006 49th Street North, St. Petersburg**  
**Wednesday, November 20, 2024**  
**10:00am - 12:00pm**

**CareerSource Pinellas**  
**2312 Gulf to Bay Blvd., Clearwater**  
**Friday, November 22, 2024**  
**1:00pm - 3:00pm**

**Registration is required.**

**Call the GNAHEC office or register online:**  
**[tobaccofreeflorida.com/groupquitcalendar](https://tobaccofreeflorida.com/groupquitcalendar)**



**Florida  
HEALTH**

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