

In-Person Group Sessions



Quit tobacco with **Group Quit.**

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

Sponsored by:



GULFCOAST 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

Tuesdays, January 7 - January 30, 2025
1:00pm - 2:00pm

Thursdays, January 9 - January 30, 2025
12:00pm - 1:00pm

One-Time Virtual Group

Tuesday, January 7, 2024 | 5:30pm - 7:30pm **SPANISH**

Wednesday, January 8, 2024 | 6:00pm - 8:00pm

Saturday, January 11, 2025 | 10:00am - 12:00pm **SPANISH**

Thursday, January 30, 2024 | 6:00pm - 8:00pm

Registration is required.

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



**Florida
HEALTH**

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