

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 Session

Premier Community Health Care Group
14410 Cobra Way, Hudson
Tuesdays, January 7 - January 28, 2025
12:00pm - 1:00pm

One-Time In-Person Group Quit Session

AdventHealth Zephyrhills
7050 Gall Blvd., Zephyrhills
Wednesday, January 8, 2025
10:00am - 12:00pm

Good Samaritan Health Clinic of Pasco
5334 Aspen Street, New Port Richey
Wednesday, January 8, 2025
10:00am - 12:00pm

Baycare - Morton Plant North Bay Hospital
6600 Madison Street, New Port Richey
Wednesday, January 8, 2025
4:00pm - 6:00pm

Metropolitan Ministries
3214 U.S. Highway 19, Holiday
Thursday, January 30, 2025
9:30am - 11:30am

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