

# Quit tobacco with Group Quit.

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



**In-Person Group Sessions**



**Virtual Group Sessions**

## Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.\*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

\*if medically appropriate for those 18 years of age or older

### Group Schedule:

## One-Time In-Person Group Quit Session

**Langley Health - Lecanto**  
**595 North Lecanto Hwy, Lecanto**  
**Thursday, January 10, 2025**  
**10:30am - 12:30pm**

**CareerSource Citrus Levy Marion**  
**683 South Adolph Point, Lecanto**  
**Friday, January 10, 2025**  
**11:00am - 1:00pm**

**Robert Boissoneault Oncology Institute**  
**552 North Lecanto Hwy, Lecanto**  
**Tuesday, January 14, 2025**  
**10:00am - 12:00pm**

**Registration is required.**

**Call the GNAHEC office or register online:**

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

### Sponsored by:



**GULFCOAST NORTH  
AREA HEALTH  
EDUCATION CENTER**

For more information on Group Quit sessions, contact:

**Gulcoast 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)