

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, January 3 - January 24, 2025
12:00pm - 1:00pm

One-Time In-Person Group Quit Sessions

Florida DOH Pinellas - Mid County
8751 Ulmerton Road, Largo
Thursday, January 9, 2025
12:00pm - 2:00pm

HCA - Northside Hospital
6006 49th Street North, St. Petersburg
Wednesday, January 15, 2025
10:00am - 12:00pm

CareerSource Pinellas
2312 Gulf to Bay Blvd., Clearwater
Friday, January 24, 2025
1:00pm - 3:00pm

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