

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 Virtual Group

Thursdays, February 6 - February 27, 2025
5:30pm - 6:30pm

Fridays, February 14 - March 7, 2025
10:00am - 11:00am

Tuesdays, February 18 - March 11, 2025
6:00pm - 7:00pm

Fridays, February 28 - March 21, 2025
12:00pm - 1:00pm

One-Time Virtual Group

Tuesday, February 4, 2025 | 2:00pm - 4:00pm

Thursday, February 6, 2025 | 5:30pm - 7:30pm **SPANISH**

Wednesday, February 12, 2025 | 6:00pm - 8:00pm

Friday, February 14, 2025 | 11:00am - 1:00pm

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