

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

Group Schedule:

4-Week In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare
7551 Forest Oaks Boulevard, Spring Hill
Mondays, February 10 - March 3, 2025
10:00am - 11:00am

One-Time In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare
300 South Main Street, Brooksville
Tuesday, February 11, 2025
1:00pm - 3:00pm

NAMI Hernando Recovery Community Center
4034 Commercial Way, Spring Hill
Monday, February 24, 2025
2:00pm - 4:00pm

People Helping People
1396 Kass Circle, Spring Hill
Friday, February 28, 2025
11:30am - 1:30pm

Registration is required.

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

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



**Florida
HEALTH**

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