

# 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

**BayCare St. Joseph's Hospital**  
**3003 W Dr Martin Luther King Jr Blvd., Tampa**  
**Wednesday, February 5, 2025**  
**10:00am - 12:00pm**

**CareerSource Tampa Bay**  
**9215 N Florida Avenue, Suite 101, Tampa**  
**Thursday, February 6, 2025**  
**2:00pm - 4:00pm**

**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:

**Gulfcoast 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)**