

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



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, April 3 - April 24, 2025
5:30pm - 6:30pm

Wednesdays, April 9 - April 30, 2025
6:00pm - 7:00pm

Mondays, April 14 - May 5, 2025
12:00pm - 1:00pm

Saturdays, April 19 - May 10, 2025
9:30am - 10:30am

One-Time Virtual Group

Saturday, April 5, 2025 | 10:30am - 12:30pm **SPANISH**

Wednesday, April 9, 2025 | 6:00pm - 8:00pm

Thursday, April 17, 2025 | 5:30pm - 7:30pm **SPANISH**

Friday, April 18, 2025 | 12:00pm - 2:00pm



**Florida
HEALTH**

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

Registration is required.

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