

## 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, April 14 - May 5, 2025  
10:00am - 11:00am

### One-Time In-Person Group Quit Sessions

**Florida DOH/Premier Community Healthcare**  
300 South Main Street, Brooksville  
Tuesday, April 15, 2025  
1:00pm - 3:00pm

**Crescent Community Clinic**  
5244 Commercial Way (US 19), Spring Hill  
Wednesday, April 16, 2025  
10:00am - 12:00pm

**NAMI Hernando Recovery Community Center**  
4034 Commercial Way, Spring Hill  
Monday, April 21, 2025  
2:00pm - 4:00pm

**People Helping People**  
1396 Kass Circle, Spring Hill  
Friday, April 25, 2025  
11:30am - 1:30pm

**Registration is required.**

Call the GNAHEC office or register online:  
[tobaccofreeflorida.com/  
groupquitcalendar](https://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](https://tobaccofreeflorida.com/quityourway)