

## 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

**NAMI Hernando Recovery Community  
Center 4034 Commercial Way, Spring Hill  
Mondays, August 4 - August 25, 2025  
2:00pm - 3:00pm**

**Florida DOH/Premier Community Healthcare  
7551 Forest Oaks Boulevard, Spring Hill  
Fridays, August 8 - August 29, 2025  
10:00am - 11:00am**

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

**Florida DOH/Premier Community Healthcare  
300 South Main Street, Brooksville  
Tuesday, August 19, 2025  
1:00pm - 3:00pm**

**Crescent Community Clinic  
5244 Commercial Way (US 19), Spring Hill  
Wednesday, August 20, 2025  
10:00am - 12:00pm**

**People Helping People  
1396 Kass Circle, Spring Hill  
Friday, August 29, 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)**