

## In-Person Group Sessions



# Quit tobacco with **Group Quit.**

There's never been a more  
important time to quit.

Sponsored by:



GULF COAST NORTH  
AREA HEALTH  
EDUCATION CENTER

## Group Schedule:

### 4-Week In-Person Group Quit Sessions

**BayCare - St. Anthony's Hospital**  
**1200 7th Avenue North, St. Petersburg**  
**Fridays, August 15 - September 5, 2025**  
**12:00pm - 1:00pm**

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

**Florida DOH Pinellas - Largo**  
**12420 130th Avenue North, Largo**  
**Thursday, August 14, 2025**  
**12:00pm - 2:00pm**

**HCA - Northside Hospital**  
**6006 49th Street North, St. Petersburg**  
**Wednesday, August 20, 2025**  
**10:00am - 12:00pm**

**CareerSource Pinellas**  
**2312 Gulf to Bay Blvd., Clearwater**  
**Friday, August 22, 2025**  
**1:00pm - 3:00pm**

**Registration is required.**  
**Call the GNAHEC office or register online:**  
**[TobaccoFreeFlorida.com/](https://TobaccoFreeFlorida.com/GroupQuitCalendar)**  
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## 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)**