

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



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

Tuesdays, August 5 - August 26, 2025
12:00pm - 1:00pm

Wednesdays, August 13 - September 3, 2025
6:00pm - 7:00pm

Saturdays, August 23 - September 13, 2025
9:30am - 10:30am

One-Time Virtual Group

Tuesday, August 12, 2025 | 5:30pm - 7:30pm **SPANISH**

Wednesday, August 13, 2025 | 6:00pm - 8:00pm

Friday, August 15, 2025 | 12:00pm - 2:00pm

Tuesday, August 26, 2025 | 5:30pm - 7:30pm **SPANISH**

Registration is required.

Call the GNAHEC office or register online:

TobaccoFreeFlorida.com/GroupQuitCalendar



**Florida
HEALTH**

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