

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



**Florida
HEALTH**

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

Group Schedule:

4-Week Virtual Group

Thursdays, October 2 - October 23, 2025
6:00pm - 7:00pm

Tuesdays, October 7 - October 28, 2025
12:00pm - 1:00pm

Mondays, October 13 - November 3, 2025
6:00pm - 7:00pm

Wednesdays, October 22 - November 12, 2025
6:00pm - 7:00pm

Thursdays, October 30 - November 20, 2025
9:30am - 10:30am

One-Time Virtual Group

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

Wednesday, October 8, 2025 | 6:00pm - 8:00pm

Friday, October 17, 2025 | 12:00pm - 2:00pm

Registration is required.

Call the GNAHEC office or register online:
TobaccoFreeFlorida.com/GroupQuitCalendar