

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: One-Time In-Person Group Quit Sessions

CareerSource Tampa Bay
9215 N Florida Avenue, Suite 101, Tampa
Thursday, October 2, 2025
2:00pm - 4:00pm

TGH Family Care Center - Health Park
5802 N 30th Street, Building D, Tampa
Friday, October 3, 2025
1:00pm - 3:00pm

BayCare St. Joseph's Hospital
3003 W Dr Martin Luther King Jr Blvd., Tampa
Monday, October 10, 2025
10:00am - 12:00pm

Feeding Tampa Bay
3624 Causeway Blvd., Tampa
Thursday, October 16, 2025
1:00pm - 3:00pm

Jackson Springs Recreation Center
98620 Jackson Springs Road, Tampa
Tuesday, October 22, 2025
4:00pm - 6:00pm

Jackson Springs Recreation Center
98620 Jackson Springs Road, Tampa
Tuesday, October 22, 2025
6:00pm - 8:00pm **SPANISH**

Suncoast Community Health Center - Plant City
801 E Baker Street, Plant City
Thursday, October 30, 2025
10:00am - 12:00pm

Registration is required.
Call the **GNAHEC** office or register
online: TobaccoFreeFlorida.com/