

## 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

**Premier Community Health Care Group**  
14410 Cobra Way, Hudson  
Wednesdays, October 15 - November 5, 2025  
5:00pm - 6:00pm

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

**AdventHealth Zephyrhills**  
7050 Gall Blvd., Zephyrhills  
Wednesday, October 1, 2025  
10:00am - 12:00pm

**Baycare - Morton Plant North Bay Hospital**  
6600 Madison Street, New Port Richey  
Wednesday, October 8, 2025  
4:00pm - 6:00pm

**Good Samaritan Health Clinic of Pasco**  
5334 Aspen Street, New Port Richey  
Tuesday, October 21, 2025  
2:00pm - 4:00pm

**Metropolitan Ministries**  
3214 U.S. Highway 19, Holiday  
Thursday, October 23, 2025  
10:00am - 12:00pm

**Registration is required.**

**Call the GNAHEC office or register online:  
[TobaccoFreeFlorida.com/](https://TobaccoFreeFlorida.com/)**

## 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)