

## 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, September 2 - September 23, 2025**  
**12:00pm - 1:00pm**

**Thursdays, September 4 - September 25, 2025**  
**6:00pm - 7:00pm**

**Wednesdays, September 10 - October 1, 2025**  
**6:00pm - 7:00pm**

**Saturdays, September 20 - October 11, 2025**  
**9:30am - 10:30am**

### One-Time Virtual Group

**Wednesday, September 10, 2025 | 5:30pm - 7:30pm **SPANISH****

**Wednesday, September 10, 2025 | 6:00pm - 8:00pm**

**Friday, September 19, 2025 | 12:00pm - 2:00pm**

**Registration is required.**

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



**Florida  
HEALTH**

Learn more about all of  
Tobacco Free Florida's tools and services at  
**[tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)**