

## 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

## Group Schedule:

### 4-Week In-Person Group Quit Sessions

**Dedicated Senior Medical Center**  
3128 E. Hillsborough Ave, Tampa  
Tuesdays, September 23 - October 14, 2025  
12:30pm - 1:30pm

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

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

**TGH Family Care Center - Health Park**  
5802 N 30th Street, Building D, Tampa  
Friday, September 5, 2025  
1:00pm - 3:00pm

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

**Suncoast Community Health Center - Plant City**  
801 E Baker Street, Plant City  
Thursday, September 25, 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)**