

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:

Hernando County 4-Week In-Person Group Quit Sessions

NAMI Hernando Recovery Community Center
4034 Commercial Way, Spring Hill
Mondays, December 1 - December 22, 2025
2 - 3 p.m.

Florida DOH/Premier Community Healthcare
7551 Forest Oaks Boulevard, Spring Hill
Fridays, December 5 - December 26, 2025
10-11 a.m.

One-Time In-Person Group Quit Sessions

Florida DOH/Premier Community Healthcare
300 South Main Street, Brooksville
Tuesday, December 16, 2025
1-3 p.m.

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Wednesday, December 17, 2025
10 a.m.-12 p.m.

People Helping People
1396 Kass Circle, Spring Hill
Friday, December 26, 2025
11 :30 a.m. - 1:30 p.m.

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

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