

Quit tobacco with Group Quit.

There's never been a more important time to quit.



In-Person Group Sessions



Virtual Group Sessions

Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

*if medically appropriate for those 18 years of age or older

Group Schedule:

**Pinellas County
One-Time In-Person
Group Quit Session**

**Florida DOH Pinellas County - Largo
12420 130th Avenue North, Largo
Thursday, December 11, 2025
12-2 p.m.**

**HCA - Northside Hospital
6006 49th Street North, St. Petersburg
Wednesday, December 17, 2025
10 a.m.-12 p.m.**

Sponsored by:



**GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER**

For more information on Group Quit sessions, contact:

**Gulfcoast North AHEC
813-929-1000**

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

**Florida
HEALTH**



Learn more about all of
Tobacco Free Florida's tools and services at
TobaccoFreeFlorida.com/QuitYourWay