

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

**Florida
HEALTH**



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

Group Schedule:

Hillsborough County One-Time In-Person Group Quit Sessions

CareerSource Tampa Bay

9215 N Florida Avenue, Suite 101, Tampa
Thursday, December 4, 2025
2-4 p.m.

TGH Family Care Center - Health Park

5802 N 30th Street, Building D, Tampa
Friday, December 5, 2025
1-3 p.m.

BayCare St. Joseph's Hospital

3003 W Dr Martin Luther King Jr Blvd., Tampa
Monday, December 8, 2025
10-12 p.m.

Jackson Springs Recreation Center

98620 Jackson Springs Road, Tampa
Monday, December 8, 2025
4-6 p.m.

Jackson Springs Recreation Center

98620 Jackson Springs Road, Tampa
Monday, December 8, 2025
6-8 p.m. **SPANISH**

Suncoast Community Health Center - Plant City

801 E Baker Street, Plant City
Thursday, December 18, 2025
10 a.m.-12 p.m.

Registration is required.

Call the GNAHEC office or register online:
tobaccofreeflorida.com/groupQuitCalendar