

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:

4-Week Virtual Group Schedule

Tuesdays, December 2 - December 23, 2025

12-1 p.m.

Saturdays, December 6 - December 27, 2025

9:30-10:30 a.m.

Mondays, December 8 - December 29, 2025

6-7 p.m.

One-Time Virtual Group Schedule

Wednesday, December 10, 2025 | 5:30-7:30p.m. **SPANISH**

Wednesday, December 10, 2025 | 6-8 p.m.

Friday, December 19, 2025 | 12-2 p.m.

Monday, December 29, 2025 | 5:30-7:30p.m. **SPANISH**

Registration is required.

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