

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:

Pinellas County

4-Week In-Person Group Quit Sessions

BayCare - St. Anthony's Hospital
1200 7th Avenue North, St. Petersburg
Fridays, January 2 - January 23, 2026
12-1 p.m.

One- Time In-Person Group Quit Sessions

HCA - Northside Hospital
6006 49th Street North, St. Petersburg
Wednesday, January 21, 2026
10 a.m.-12 p.m.

CareerSource Pinellas
2312 Gulf to Bay Blvd., Clearwater
Friday, January 23, 2026
1-3 p.m.

Morton Plant Mease - Pinellas County
300 Pinellas Street, Clearwater
Monday, January 26, 2026
11a.m.-1 p.m.

Registration is required.
Call the GNAHEC office or register online:
[TobaccoFreeFlorida.com/](https://TobaccoFreeFlorida.com/GroupQuitCalendar)
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