

## In-Person Group Sessions



## 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](http://TobaccoFreeFlorida.com/QuitYourWay)

# 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:**

### **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/  
GroupQuitCalendar](http://TobaccoFreeFlorida.com/GroupQuitCalendar)**