

Quit tobacco with **Group Quit.**

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



Virtual Group Sessions



In-Person 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.

**Florida
HEALTH**



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

Sponsored by:



**GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER**

For more information on Group Quit sessions, contact:

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

Group Schedule:

4-Week In-Person Group Quit Session

**Florida DOH Premier Community Healthcare
7551 Forest Oaks Blvd, Spring Hill
Fridays, January 2 - January 23, 2026
10:00-11:00am**

One Week In-Person Group Quit Session

**NAMI Hernando Recovery Community Center
4034 Commercial Way, Spring Hill
Monday, January 19, 2026
2:00 - 4:00pm**

**Florida DOH Premier Community Healthcare
300 South Main Street, Brooksville
Tuesday, January 20, 2026
1:00-3:00pm**

**Crescent Community Clinic
5244 Commercial Way, Spring Hill
Wednesday, January 21, 2026
10:00am-12:00pm**

**People Helping People
1396 Kass Circle, Spring Hill
Friday, January 30, 2026
11:30am-1:30pm**

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