

Quit tobacco with **Group Quit.**

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



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.

Group Schedule:

4-Week In-Person Group Quit Sessions

Dedicated Senior Medical Center
3128 E. Hillsborough Ave, Tampa
Tuesdays, January 6 - January 27, 2026
12:30 - 1:30pm

One-Time In-Person Group Quit Session

CareerSource Tampa Bay
9215 N Florida Avenue, Suite 101, Tampa
Thursday, January 8, 2026
2:00 - 4:00pm

TGH Family Care Center - Health Park
5802 N 30th Street, Building D, Tampa
Friday, January 9, 2026
1:00 - 3:00pm

Sponsored by:



GULFCOAST NORTH AREA HEALTH EDUCATION CENTER

For more information on Group Quit sessions, contact:

Gulfcoast North AHEC
813-929-1000

Florida
HEALTH

Tobacco Free
Florida
.com

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

Registration is required.

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