

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:

Hernando County 4-Week In-Person Group Quit Session

NAMI Hernando Recovery Community Center
4034 Commercial Way, Spring Hill
Mondays, February 2 - February 23, 2026
2:00 - 3:00pm

Florida DOH Premier Community Healthcare
7551 Forest Oaks Blvd, Spring Hill
Fridays, February 6 - February 27, 2026
10:00-11:00am

One Time In-Person Group Quit Session

Florida DOH Premier Community Healthcare
300 South Main Street, Brooksville
Tuesday, February 17, 2026
1:00-3:00pm

Crescent Community Clinic
5244 Commercial Way, Spring Hill
Wednesday, February 18, 2026
10:00am-12:00pm

People Helping People
1396 Kass Circle, Spring Hill
Friday, February 27, 2026
11:30am-1:30pm

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