

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.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

*if medically appropriate for those 18 years of age or older

Group Schedule:

Pinellas County 4-Week In-Person Group Quit Session

**BayCare - St. Anthony's Hospital
1200 7th Avenue North, St. Petersburg
Thursdays, February 6 - February 27, 2026
2:00pm - 3:00pm**

One-Time In-Person Group Quit Session

**HCA - Northside Hospital
6006 49th Street North, St. Petersburg
Wednesday, February 18, 2026
10:00am - 12:00pm**

**Career Source Pinellas Gulf to Bay
2312 Gulf to Bay Blvd., Clearwater
Friday, February 27, 2026
1:00 - 3:00pm**

Registration is required.

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

Sponsored by:



**GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER**

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