

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

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:

4-Week In-Person Group Quit Session

Dedicated Senior Medical Center
3128 E. Hillsborough Ave, Tampa
Tuesdays, February 17 - March 10, 2026
12:30 - 1:30pm

One- Time In-Person Group Quit Sessions

TGH Family Care Center - Health Park
5802 N 30th Street, Building, Tampa
Friday, February 6, 2026
1:00 - 3:00p.m.

Feeding Tampa Bay
3624 Causeway Blvd, Tampa Wednesday,
February 11, 2026
10:00a.m.-12:00p.m.

CareerSource Tampa Bay
9215 N Florida Avenue, Suite 101, Tampa
Thursday, February 12, 2026
2:00 - 4:00pm

Suncoast Community Health Center
801 E Baker Street, Plant City
Thursday, February 26, 2026
10:00a.m.-12:00 p.m.

Registration is required.
Call the GNAHEC office or register online:
**[TobaccoFreeFlorida.com/
GroupQuitCalendar](http://TobaccoFreeFlorida.com/GroupQuitCalendar)**