

# 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](https://TobaccoFreeFlorida.com/QuitYourWay).**

Sponsored by:



**GULF COAST NORTH  
AREA HEALTH  
EDUCATION CENTER**

For more information on  
Group Quit sessions, contact:

**813-929-1000**

**Group Schedule:**

## **Pasco County In-Person Group Quit Session**

**AdventHealth Zephyrhills  
7050 Gall Blvd, Zephyrhills  
Wednesday, February 4, 2026  
10:00am - 12:00pm**

**Baycare - Morton Plant North Bay Hospital  
6600 Madison Street, New Port Richey  
Wednesday, February 11, 2026  
4:00 - 6:00pm**

**Good Samaritan Health Clinic of Pasco 5334  
Aspen Street, New Port Richey  
Tuesday, February 17, 2026  
2:00 - 4:00pm**

**Metropolitan Ministries  
3214 U.S. Highway 19, Holiday  
Tuesday, February 19, 2026  
2:00 - 4:00pm**

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