

# 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, March 6 - March 27, 2026  
2:00pm - 3:00pm**

#### **One-Time In-Person Group Quit Session**

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

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

**Registration is required.**

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

### Sponsored by:



**GULFCOAST NORTH  
AREA HEALTH  
EDUCATION CENTER**

For more information on Group Quit sessions, contact:

**Gulcoast North AHEC  
813-929-1000**

**Florida  
HEALTH**



Learn more about all of  
Tobacco Free Florida's tools and services at  
**[TobaccoFreeFlorida.com/QuitYourWay](https://TobaccoFreeFlorida.com/QuitYourWay)**