

In-Person Group Sessions



Quit tobacco with **Group Quit.**

There's never been a more
important time to quit.

Sponsored by:



GULF COAST NORTH
AREA HEALTH
EDUCATION CENTER



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

Group Schedule:

4-Week In-Person Group Quit Session

Dedicated Senior Medical Center
3128 E. Hillsborough Ave, Tampa
Tuesdays, March 24 - April 14, 2026
12:30 - 1:30pm

One- Time In-Person Group Quit Sessions

Metropolitan Ministries
2301 North Tampa Street, Tampa
Tuesday, March 10, 2026
5:00 - 7:00p.m.

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

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

BayCare St. Joseph's Hospital Medical Arts
3003 W Dr Martin Luther King Jr. Blvd., Tampa
Thursday, March 17, 2026
10:00a.m.-12:00 p.m.

Registration is required.

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