

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

### Group Schedule:

#### 4-Week Virtual Group Schedule

**Tuesdays, March 3 - March 24, 2026**

**12-1pm**

**Saturdays, March 7 - March 28, 2026**

**9:30-10:30am**

**Wednesdays, March 11 - April 1, 2026**  
**6-7pm**

**Thursdays, March 19 - April 9, 2026**  
**6-7pm**

#### One-Time Virtual Group Schedule

**Wednesday, March 11, 2026 | 6-8 p.m.**

**Friday, March 13, 2026 | 12-2 p.m.**

**Tuesday, March 24, 2026 | 5:30-7:30p.m. SPANISH**

**Registration is required.**

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