

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 Virtual Group Schedule

Tuesday, May 5 - May 26, 2026

12:00 - 1:00pm

Wednesday, May 6 - May 27, 2026

6:30 - 7:30pm

Saturdays, May 9 - May 30, 2026

9:30 - 10:30am

Thursdays, May 14 - June 4, 2026

6:00 - 7:00pm

One-Time Virtual Group Schedule

Thursday, May 7, 2026 | 5:30-7:30p.m **SPANISH**

Wednesday, May 13, 2026 | 6:00pm - 8:00pm

Friday, May 15, 2026 | 12:00 - 2:00p.m.

Registration is required.

Call the GNAHEC office or register online:

TobaccoFreeFlorida.com/GroupQuitCalendar