

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.

Sponsored by:



GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER

For more information on
Group Quit sessions, contact:

Gulfcoast North AHEC
813-929-1000

Group Schedule:

Hernando County 4-Week In-Person Group Quit Session

Florida DOH Premier Community Healthcare
7551 Forest Oaks Boulevard, Spring Hill, FL
Fridays, May 1 - May 22, 2026
10:00 - 11:00am

NAMI Hernando Recovery Community Center
4034 Commercial Way, Spring Hill
Tuesdays, May 5 - May 26, 2026
5:30 - 6:30pm

One Time In-Person Group Quit Session

Crescent Community Clinic
5244 Commercial Way, Spring Hill, FL
Wednesday, May 20, 2026
10:00am - 12:00pm

Florida DOH Premier Community Healthcare
300 South Main Street, Brooksville, FL
Thursday, May 21, 2026
1:00 - 3:00pm

People Helping People
1396 Kass Circle, Spring Hill, FL
Friday, May 29, 2025
11:30am - 1:30pm

**Registration is required. Call the GNAHEC
office or register online:**
TobaccoFreeFlorida.com/GroupQuitCalendar