

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:

One- Time In-Person Group Quit Sessions

TGH Family Care Center - Health Park
25802 N 30th Street, Building D

Friday, May 1, 2026
1:00 - 3:00pm

Town 'N Country Regional Public Library
7606 Paula Drive, Tampa, FL

Monday, May 11, 2026
6:00 - 8:00pm

CareerSource Tampa Bay
9215 N Florida Avenue, Suite 101, Tampa, FL

Thursday, May 14, 2026
2:00 - 4:00pm

Feeding Tampa Bay
3624 Causeway Blvd, Tampa, FL

Monday, May 18, 2026
5:00 - 7:00pm

BayCare St. Joseph's Hospital Medical Arts
3003 W Dr Martin Luther King Jr. Blvd.,

Tampa Wednesday, May 20, 2026
10:00am - 12:00pm

Registration is required.

Call the GNAHEC office or register online:
TobaccoFreeFlorida.com/GroupQuitCalendar