

## 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 Session

**AdventHealth Zephyrhills**  
**7050 Gall Blvd., Zephyrhills**  
**Wednesday, May 4, 2026**  
**10:00am - 12:00pm**

**Baycare - Morton Plant North Bay Hospital**  
**6600 Madison Street, New Port Richey**  
**Wednesday, May 13, 2026**  
**4:00 - 6:00pm**

**Good Samaritan Health Clinic of Pasco**  
**5334 Aspen Street, New Port Richey**  
**Tuesday, May 19, 2026**  
**2:00 - 4:00pm**

**Metropolitan Ministries**  
**3214 U.S. Highway 19, Holiday**  
**Thursday, May 21, 2026**  
**10:00am - 12:00pm**

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