

## 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:

## Pinellas County 4-Week In-Person Group Quit Sessions

**BayCare - St. Anthony's Hospital**  
1200 7th Avenue North, St. Petersburg  
Fridays, May 8 - May 29, 2025

2:00 - 3:00pm

## One-Time In-Person Group Quit Sessions

**Orlando Health - St. Petersburg**  
725 6th Ave South, St. Petersburg  
Monday, May 11, 2026

6:00 - 8:00pm

**HCA - Northside Hospital**  
6006 49th Street North, St. Petersburg  
Wednesday, May 20, 2026

10:00am - 12:00pm

**CareerSource Pinellas**  
2312 Gulf to Bay Blvd., Clearwater  
Friday, May 22, 2026

1:00 - 3:00pm

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