

Quit tobacco with Group Quit.

There's never been a more important time to quit.



In-Person Group Sessions



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.

Group Schedule:

One-time In-person Group Quit Sessions

Shepherd Center
304 S Pinellas Avenue, Tarpon Springs
Monday, December 13, 2021
11:00am-1:00pm

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Monday, December 20, 2021
10:00am-12:00pm

Registration is required.

To register call: **813-929-1000**

Sponsored by:



GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER

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