

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: 4-Week Virtual Group

Tuesdays
February 7 - February 28, 2023
2:00pm - 3:00pm

One-Time Virtual Group

Wednesday, February 1, 2023 | 9:30am-11:30am

Thursday, February 2, 2023 | 1:00pm-3:00pm

Thursday, February 2, 2023 | 5:30pm-7:30pm SPANISH

Tuesday, February 7, 2023 | 10:00am-12:00pm

Wednesday, February 8, 2023 | 6:00pm-8:00pm

Thursday, February 9, 2023 | 2:00pm-4:00pm

Monday, February 13, 2023 | 6:00pm-8:00pm

Tuesday, February 14, 2023 | 10:00am-12:00pm

Thursday, February 16, 2023 | 1:00pm-3:00pm

Monday, February 20, 2023 | 6:00pm-8:00pm

Tuesday, February 21, 2023 | 12:00pm-2:00pm

Tuesday, February 21, 2023 | 12:00pm-2:00pm SPANISH

Wednesday, February 22, 2023 | 10:00am-12:00pm

Monday, February 27, 2023 | 6:00pm-8:00pm

Registration is required.
Call the GNAHEC office or register online:
tobaccofreeflorida.com/groupquitcalendar