

In-Person Group Sessions



Quit tobacco with **Group Quit.**

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

Sponsored by:



GULFCOAST 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

The Centre Palm Harbor
1500 16th Street, Palm Harbor
Monday, February 6, 2023
10:00am - 12:00pm

Baycare - Morton Plant North Bay Hospital
6600 Madison Street, New Port Richey
Wednesday, February 8, 2023
6:00pm - 8:00pm

Florida DOH Pasco
10841 Little Road, New Port Richey
Wednesday, February 15, 2023
11:00am - 1:00pm

AdventHealth Wellness Center Zephyrhills
38233 Daughtery Road, Zephyrhills
Thursday, February 16, 2023
6:00pm - 8:00pm

Atonement Lutheran Church
29617 SR 54, Wesley Chapel
Tuesday, February 28, 2023
10:30am - 12:30pm

Registration is required.

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



There's never been a better time to quit with Group Quit.

Tobacco Free Florida's Group Quit Sessions (in-person or virtual) now offer participants \$50 - \$125 in gift cards for their attendance.*



GROUP QUIT

Free, expert-led in-person or virtual sessions for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.**

Pre-registration is recommended.

Call Gulfcoast North AHEC
today at: **813-929-1000**

*while supplies last

**if medically appropriate for those 18 years of age or older

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