

## 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:

**Gulcoast North AHEC**  
**813-929-1000**

## Group Schedule:

### Four-Week Virtual Group

**Fridays**

**January 6 - January 27, 2023**  
**2:00pm - 3:00pm**

### One-Time Virtual Group

- Tuesday, January 3, 2023 | 2:00pm-4:00pm**
- Wednesday, January 4, 2023 | 6:00pm-8:00pm**
- Thursday, January 5, 2023 | 5:30pm-7:30pm **SPANISH****
- Friday, January 6, 2023 | 10:00am-12:00pm**
- Tuesday, January 10, 2023 | 2:00pm-4:00pm**
- Wednesday, January 11, 2023 | 6:00pm-8:00pm**
- Thursday, January 12, 2023 | 10:00am-12:00pm**
- Tuesday, January 17, 2023 | 1:00pm-3:00pm**
- Friday, January 20, 2023 | 10:00am-12:00pm**
- Monday, January 23, 2023 | 6:00pm-8:00pm**
- Tuesday, January 24, 2023 | 12:00pm-2:00pm **SPANISH****
- Wednesday, January 25, 2023 | 10:00am-12:00pm**
- Thursday, January 26, 2023 | 1:00pm-3:00pm**
- Monday, January 30, 2023 | 6:00pm-8:00pm**



**Florida  
HEALTH**

Learn more about all of  
Tobacco Free Florida's tools and services at  
[tobaccofreeflorida.com/quityourway](https://tobaccofreeflorida.com/quityourway)