

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.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

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

Group Schedule:

One-Time In-Person Group Quit Sessions

HCA Florida Oak Hill Hospital
11371 Cortez Boulevard, Brooksville
Wednesday, January 18, 2023
2:00pm - 4:00pm

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Thursday, January 19, 2023
10:00am - 12:00pm

People Helping People
1396 Kass Circle, Spring Hill
Wednesday, January 25, 2023
2:00pm - 4:00pm

Sponsored by:



**GULFCOAST NORTH
AREA HEALTH
EDUCATION CENTER**

For more information on Group Quit sessions, contact:

Gulcoast North AHEC
813-929-1000



**Florida
HEALTH**

Learn more about all of Tobacco Free Florida's tools and services at tobaccofreeflorida.com/quityourway