

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

Fridays

March 10 - March 31, 2023
1:00pm - 2:00pm

One-Time Virtual Group

Wednesday, March 1, 2023 | 1:00pm - 3:00pm

Friday, March 3, 2023 | 10:00am - 12:00pm

Monday, March 6, 2023 | 1:00pm - 3:00pm

Monday, March 6, 2023 | 5:30pm - 7:30pm **SPANISH**

Wednesday, March 8, 2023 | 10:00am - 12:00pm

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

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

Tuesday, March 14, 2023 | 1:00pm - 3:00pm

Friday, March 17, 2023 | 10:00am - 12:00pm

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

Tuesday, March 21, 2023 | 10:00am - 12:00pm

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

Wednesday, March 22, 2023 | 1:00pm - 3:00pm

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

Tuesday, March 28, 2023 | 10:00am - 12:00pm

Wednesday, March 29, 2023 | 1:00pm - 3:00pm

Registration is required.

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