

# 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

**CareerSource Pasco Hernando**  
15000 Citrus Country Drive, Dade City  
Wednesday, March 1, 2023  
2:00pm - 4:00pm

**Good Samaritan Health Clinic of Pasco**  
5334 Aspen Street, New Port Richey  
Wednesday, March 8, 2023  
10:00am - 12:00pm

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

**AdventHealth Wellness Center Zephyrhills**  
38233 Daughtery Road, Zephyrhills  
Tuesday, March 21, 2023  
10:00am - 12:00pm

**Registration is required.**  
Call the GNAHEC office or register online:  
[tobaccofreeflorida.com/groupquitcalendar](https://tobaccofreeflorida.com/groupquitcalendar)

### Sponsored by:



GULFCOAST NORTH  
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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](https://tobaccofreeflorida.com/quityourway)