

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: 4-Week Virtual Group

Tuesdays
May 2 - May 23, 2023
2:00pm - 3:00pm

One-Time Virtual Group

- Monday, May 1, 2023 | 6:00pm - 8:00pm**
- Tuesday, May 2, 2023 | 6:00pm - 8:00pm**
- Wednesday, May 3, 2023 | 10:00am - 12:00pm**
- Thursday, May 4, 2023 | 1:00pm - 3:00pm**
- Monday, May 8, 2023 | 10:00am - 12:00pm**
- Tuesday, May 9, 2023 | 5:30pm - 7:30pm **SPANISH****
- Wednesday, May 10, 2023 | 6:00pm - 8:00pm**
- Thursday, May 11, 2023 | 1:00pm - 3:00pm**
- Friday, May 12, 2023 | 10:00am - 12:00pm**
- Monday, May 15, 2023 | 6:00pm - 8:00pm**
- Tuesday, May 16, 2023 | 10:00am - 12:00pm**
- Thursday, May 18, 2023 | 1:00pm - 3:00pm**
- Monday, May 22, 2023 | 6:00pm - 8:00pm**
- Thursday, May 25, 2023 | 1:00pm - 3:00pm**
- Friday, May 26, 2023 | 10:00am - 12:00pm**
- Tuesday, May 30, 2023 | 10:00am - 12:00pm **SPANISH****
- Tuesday, May 30, 2023 | 2:00pm - 4:00pm**

Registration is required.

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