

## 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**

## Group Schedule:

### One-Time In-Person Group Quit Sessions

**Atonement Lutheran Church**  
**29617 SR 54, Wesley Chapel**  
**Tuesday, June 13, 2023**  
**10:30am - 12:30pm**

**Florida DOH - Dade City**  
**13941 15th Street, Dade City**  
**Wednesday, June 14, 2023**  
**11:00am - 1:00pm**

**Baycare - Morton Plant North Bay Hospital**  
**6600 Madison Street, New Port Richey**  
**Wednesday, June 14, 2023**  
**6:00pm - 8:00pm**

**AdventHealth Wellness Center**  
**38233 Daughtery Road, Zephyrhills**  
**Tuesday, June 20, 2023**  
**10:00am - 12:00pm**

**Registration is required.**

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



**Florida  
HEALTH**

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