

## 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](https://tobaccofreeflorida.com/quityourway)

## Group Schedule: 4-Week Virtual Group

**Thursdays**  
**August 3 - August 24, 2023**  
**10:00am - 11:00am**

## One-Time Virtual Group

**Tuesday, August 1, 2023 | 10:00am - 12:00pm**

**Thursday, August 3, 2023 | 1:00pm - 3:00pm**

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

**Wednesday, August 9, 2023 | 10:00am - 12:00pm**

**Wednesday, August 9, 2023 | 6:00pm - 8:00pm**

**Thursday, August 10, 2023, 2023 | 1:00pm - 3:00pm**

**Monday, August 14, 2023 | 6:00pm - 8:00pm**

**Tuesday, August 15, 2023 | 10:00am - 12:00pm**

**Thursday, August 17, 2023 | 1:00pm - 3:00pm**

**Monday, August 21, 2023 | 6:00pm - 8:00pm**

**Wednesday, August 23, 2023 | 10:00am - 12:00pm**

**Thursday, August 24, 2023 | 1:00pm - 3:00pm**

**Monday, August 28, 2023 | 6:00pm - 8:00pm**

**Tuesday, August 29, 2023 | 2:00pm - 4:00pm **SPANISH****

**Thursday, August 31, 2023 | 10:00am - 12:00pm**

**Registration is required.**

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