

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
4440 Grand Boulevard, New Port Richey
Tuesday, August 15, 2023
2:00pm - 4:00pm

Metropolitan Ministries - Holiday
3214 U.S. Highway 19, Holiday
Thursday, August 31, 2023
9:30am - 11:30am

Registration is required.

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

Sponsored by:



**GULFCOAST NORTH
AREA HEALTH
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