

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

September 5 - September 26, 2023
10:00am - 11:00am

One-Time Virtual Group

Friday, September 1, 2023 | 12:00pm - 2:00pm

Wednesday, September 6, 2023 | 10:00am - 12:00pm

Wednesday, September 6, 2023 | 5:30pm - 7:30pm **SPANISH**

Thursday, September 7, 2023 | 6:00pm - 8:00pm

Friday, September 8, 2023, 2023 | 12:00pm - 2:00pm

Tuesday, September 12, 2023 | 10:00am - 12:00pm

Wednesday, September 13, 2023 | 6:00pm - 8:00pm

Friday, September 15, 2023, 2023 | 12:00pm - 2:00pm

Monday, September 18, 2023 | 6:00pm - 8:00pm

Wednesday, September 20, 2023 | 10:00am - 12:00pm

Tuesday, September 26, 2023 | 10:00am - 12:00pm

Tuesday, September 26, 2023 | 2:00pm - 4:00pm **SPANISH**

Thursday, September 28, 2023 | 6:00pm - 8:00pm

Friday, September 29, 2023 | 12:00pm - 2:00pm

Registration is required.

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