

## 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

## Group Schedule:

### 4-Week Virtual Group

Wednesdays

November 8 - November 29, 2023

3:00pm - 4:00pm

### One-Time Virtual Group

Wednesday, November 1, 2023 | 1:00pm - 3:00pm

Thursday, November 2, 2023 | 10:00am - 12:00pm

Monday, November 6, 2023 | 6:00pm - 8:00pm

Tuesday, November 7, 2023 | 2:00pm - 4:00pm

Tuesday, November 7, 2023 | 5:30pm - 7:30pm **SPANISH**

Wednesday, November 8, 2023 | 6:00pm - 8:00pm

Tuesday, November 14, 2023 | 12:00pm - 2:00pm

Friday, November 17, 2023 | 1:00pm - 3:00pm

Monday, November 20, 2023 | 6:00pm - 8:00pm

Saturday, November 25, 2023 | 10:00am - 12:00pm **SPANISH**

Monday, November 27, 2023 | 6:00pm - 8:00pm

Tuesday, November 28, 2023 | 2:00pm - 4:00pm

**Registration is required.**

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

## 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)