

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

Group Schedule:

4-Week Virtual Group

Fridays, December 8 - December 29, 2023
12:00pm - 1:00pm

One-Time Virtual Group

Monday, December 4, 2023 | 6:00pm - 8:00pm
Tuesday, December 5, 2023 | 12:00pm - 2:00pm
Thursday, December 7, 2023 | 5:30pm - 7:30pm SPANISH
Friday, December 8, 2023 | 10:00am - 12:00pm
Saturday, December 9, 2023 | 10:00am - 12:00pm SPANISH
Tuesday, December 12, 2023 | 12:00pm - 2:00pm
Tuesday, December 12, 2023 | 6:00pm - 8:00pm
Wednesday, December 13, 2023 | 6:00pm - 8:00pm
Monday, December 18, 2023 | 6:00pm - 8:00pm
Tuesday, December 19, 2023 | 10:00am - 12:00pm
Thursday, December 21, 2023 | 12:00pm - 2:00pm
Thursday, December 28, 2023 | 12:00pm - 2:00pm
Friday, December 29, 2023 | 10:00am - 12:00pm

Registration is required.

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