

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

Tuesdays, March 5 - March 26, 2024
7:00am - 8:00am

Wednesdays, March 6 - March 27, 2024
2:00pm - 3:00pm

Fridays, March 15 - April 5, 2024
10:00am - 11:00am

Mondays, March 18 - April 8, 2024
11:00am - 12:00pm

Thursdays, March 28 - April 18, 2024
6:00pm - 7:00pm

One-Time Virtual Group

Saturday, March 2, 2024 | 10:00am - 12:00pm SPANISH

Monday, March 4, 2024 | 6:00pm - 8:00pm

Monday, March 11, 2024 | 5:30pm - 7:30pm SPANISH

Monday, March 11, 2024 | 6:00pm - 8:00pm

Wednesday, March 13, 2024 | 6:00pm - 8:00pm

Monday, March 18, 2024 | 6:00pm - 8:00pm

Monday, March 25, 2024 | 6:00pm - 8:00pm

Registration is required.

Call the GNAHEC office or register online:
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