

## 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](https://tobaccofreeflorida.com/quityourway)

## Group Schedule:

### 4-Week Virtual Group

Thursdays

July 6 - July 27, 2023

10:00am - 11:00am

### One-Time Virtual Group

Thursday, July 6, 2023 | 6:00pm - 8:00pm

Friday, July 7, 2023 | 12:00pm - 2:00pm

Tuesday, July 11, 2023 | 10:00am - 12:00pm

Wednesday, July 12, 2023 | 5:30pm - 7:30pm **SPANISH**

Wednesday, July 12, 2023 | 6:00pm - 8:00pm

Friday, July 14, 2023 | 12:00pm - 2:00pm

Monday, July 17, 2023 | 6:00pm - 8:00pm

Wednesday, July 19, 2023 | 10:00am - 12:00pm

Friday, July 21, 2023 | 12:00pm - 2:00pm

Monday, July 24, 2023 | 6:00pm - 8:00pm

Tuesday, July 25, 2023 | 10:00am - 12:00pm

Tuesday, July 25, 2023 | 5:30pm - 7:30pm **SPANISH**

Thursday, July 27, 2023 | 1:00pm - 3:00pm

Monday, July 31, 2023 | 6:00pm - 8:00pm

**Registration is required.**

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