

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

Tuesdays
June 6 - June 27, 2023
2:00pm - 3:00pm

One-Time Virtual Group

- Thursday, June 1, 2023 | 6:00pm - 8:00pm**
- Friday, June 2, 2023 | 12:00pm - 2:00pm**
- Monday, June 5, 2023 | 5:30pm - 7:30pm **SPANISH****
- Monday, June 5, 2023 | 6:00pm - 8:00pm**
- Wednesday, June 7, 2023 | 10:00am - 12:00pm**
- Thursday, June 8, 2023 | 1:00pm - 3:00pm**
- Monday, June 12, 2023 | 10:00am - 12:00pm**
- Wednesday, June 14, 2023 | 6:00pm - 8:00pm**
- Thursday, June 15, 2023 | 5:30pm - 7:30pm**
- Friday, June 16, 2023 | 12:00pm - 2:00pm**
- Monday, June 19, 2023 | 6:00pm - 8:00pm**
- Tuesday, June 20, 2023 | 12:00pm - 2:00pm **SPANISH****
- Wednesday, June 21, 2023 | 10:00am - 12:00pm**
- Thursday, June 22, 2023 | 1:00pm - 3:00pm**
- Monday, June 26, 2023 | 6:00pm - 8:00pm**
- Thursday, June 29, 2023 | 10:00am - 12:00pm**
- Friday, June 30, 2023 | 12:00pm - 2:00pm**

Registration is required.

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