

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

Group Schedule:

4-Week Virtual Group

Tuesdays
October 3 - October 24, 2023
2:00pm - 3:00pm

One-Time Virtual Group

Monday, October 2, 2023 | 6:00pm - 8:00pm
Tuesday, October 3, 2023 | 10:00am - 12:00pm
Thursday, October 5, 2023 | 2:00pm - 4:00pm
Monday, October 9, 2023 | 10:00am - 12:00pm
Tuesday, October 10, 2023 | 5:30pm - 7:30pm SPANISH
Wednesday, October 11, 2023 | 6:00pm - 8:00pm
Friday, October 13, 2023 | 2:00pm - 4:00pm
Monday, October 16, 2023 | 11:00am - 1:00pm
Wednesday, October 18, 2023 | 6:00pm - 8:00pm
Friday, October 20, 2023 | 12:00pm - 2:00pm
Monday, October 23, 2023 | 6:00pm - 8:00pm
Tuesday, October 24, 2023 | 10:00am - 12:00pm
Friday, October 27, 2023 | 12:00pm - 2:00pm
Monday, October 30, 2023 | 6:00pm - 8:00pm
Tuesday, October 31, 2023 | 12:00pm - 2:00pm SPANISH

Registration is required.

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