

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

Group Schedule:

4-Week Virtual Group

Fridays, October 4 - October 25, 2024
11:00am - 12:00am

Thursday, October 10 - October 31, 2024
1:00pm - 2:00pm

Wednesdays, October 30 - November 20, 2024
6:00pm - 7:00pm

One-Time Virtual Group

Wednesday, October 9, 2024 | 11:00am - 1:00pm

Tuesday, October 15, 2024 | 5:30pm - 7:30pm **SPANISH**

Saturday, October 26, 2024 | 10:00am - 12:00pm **SPANISH**

Monday, October 28, 2024 | 6:00pm - 8:00pm

Tuesday, October 29, 2024 | 6:00pm - 8:00pm

Registration is required.

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



**Florida
HEALTH**

Learn more about all of
Tobacco Free Florida's tools and services at
tobaccofreeflorida.com/quityourway