

# Quit tobacco with **Group Quit.**

There's never been a more important time to quit.



## 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.

### Group Schedule:

## One-Time In-Person Group Quit Session

**Florida DOH Pinellas - Mid County**  
**8751 Uilmerton Road, Largo**  
**Thursday, June 12, 2025**  
**12:00pm - 2:00pm**

**HCA - Northside Hospital**  
**6006 49th Street North, St. Petersburg**  
**Wednesday, June 18, 2025**  
**10:00am - 12:00pm**

**CareerSource Pinellas**  
**2312 Gulf to Bay Blvd., Clearwater**  
**Friday, June 27, 2025**  
**1:00pm - 3:00pm**

**Registration is required.**  
**Call the GNAHEC office or register online:**  
**[tobaccofreeflorida.com/groupquitcalendar](http://tobaccofreeflorida.com/groupquitcalendar)**

### Sponsored by:



**GULFCOAST NORTH  
AREA HEALTH  
EDUCATION CENTER**

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](http://tobaccofreeflorida.com/quityourway)**