

▶ GSAHEC Session Schedule – Aug. 2021

Calendar of Tobacco Cessation Sessions



DATE	TIME	LOCATION
August 5 th	11:30 – 1:30 pm	Mt. Carmel Resource Center (Palmetto)
August 9 th	2:00 – 4:00 pm	Virtual TTQ
August 10 th	3:00 – 5:00 pm	(Spanish) Virtual TTQ
August 10 th	4:00 – 6:00 pm	Blake Medical Center
August 11 th	5:30 – 7:30 pm	Fawcett Memorial Hospital
August 12 th	10:00 – 12:00 pm	Audio TTQ
August 16 th	2:00 – 4:00 pm	Bayfront Health Port Charlotte
August 18 th	5:30 – 7:30 pm	Englewood Community Hospital
August 23 rd	4:00 – 6:00 pm	Virtual TTQ
August 24 th	2:00 – 4:00 pm	Sarasota County Health Dept. – North Port
August 25 th	5:30 – 7:30 pm	Sarasota Memorial Hospital
August 26 th	5:30 – 7:30 pm	Manatee Memorial Hospital
August 30 th	2:00 – 4:00 pm	Virtual TTQ
August 5th, 12th, 17th, & 25th	3:00 – 4:00 pm	Virtual QSN* <i>*Must attend first session</i>

**Do you smoke?
Do you dip?
Do you want to
quit...or quit again?**

**Gulfcoast South
Area Health
Education Center**
holds free Group
Coaching.

Tools to Quit (TTQ) –
a one-time,
90-120 minute group.

**Quit Smoking Now
(QSN)** – a four-week,
one-hour group.

Both programs cover
all forms of tobacco,
from cigarettes, cigars,
to smokeless tobacco.

Participants in the group
receive support,
guidance, and a free
one month supply of
nicotine replacement
therapy, such as
nicotine patches,
lozenges or gum.*

*If medically appropriate and 18 years of age
or older. While supplies last

To set yourself free
from tobacco, call
866-534-7909
to register for a
class convenient
for you.