

► 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)	Do you smoke?
August 9 th	2:00 – 4:00 pm	Virtual TTQ	Do you dip?
August 10 th	3:00 – 5:00 pm	(Spanish) Virtual TTQ	Do you want to quit...or quit again?
August 10 th	4:00 – 6:00 pm	Blake Medical Center	Gulfcoast South Area Health Education Center holds free Group Coaching.
August 11 th	5:30 – 7:30 pm	Fawcett Memorial Hospital	Tools to Quit (TTQ) – a one-time, 90-120 minute group.
August 12 th	10:00 – 12:00 pm	Audio TTQ	
August 16 th	2:00 – 4:00 pm	Bayfront Health Port Charlotte	Quit Smoking Now (QSN) – a four-week, one-hour group.
August 18 th	5:30 – 7:30 pm	Englewood Community Hospital	
August 23 rd	4:00 – 6:00 pm	Virtual TTQ	Both programs cover all forms of tobacco, from cigarettes, cigars, to smokeless tobacco.
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	Participants in the group receive support, guidance, and a free one month supply of nicotine replacement therapy, such as nicotine patches, lozenges or gum.*
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*	<small>*If medically appropriate and 18 years of age or older. While supplies last</small>
<i>*Must attend first session</i>			To set yourself free from tobacco, call 866-534-7909 to register for a class convenient for you.

