

▶ GSAHEC Session Schedule – Sept. 2021



Calendar of Tobacco Cessation Sessions

DATE	TIME	LOCATION
September 1 st	6:00 – 8:00 pm	Virtual TTQ
September 2 nd	11:00 – 1:00 pm	Mt. Carmel Resource Center (Palmetto)
September 8 th	5:30 – 7:30 pm	Fawcett Memorial Hospital
September 8 th	6:00 – 8:00 pm	Virtual TTQ
September 9 th	11:00 – 1:00 pm	Audio TTQ
September 9 th	10:00 – 12:00 pm	Sarasota County Health Dept. - Ringling
September 13 th	2:00 – 4:00 pm	Virtual TTQ
September 14 th	3:00 – 5:00 pm	(Spanish) Virtual TTQ
September 14 th	4:00 – 6:00 pm	Blake Medical Center
September 15 th	6:00 – 8:00 pm	Virtual TTQ
September 20 th	2:00 – 4:00 pm	Bayfront Health Port Charlotte
September 21 st	6:00 – 8:00 pm	Walgreens
September 22 nd	6:00 – 8:00 pm	Virtual TTQ
September 27 th	2:00 – 4:00 pm	Virtual TTQ
September 28 th	2:00 – 4:00 pm	Sarasota County Health Dept. – North Port
September 2nd, 9th, 16th, & 23rd	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.