

GSAHEC Session Schedule – July 2021

Calendar of Tobacco Cessation Sessions

DATE	TIME	LOCATION	
July 7 th	6:00 – 8:00 pm	Virtual TTQ	Do you smoke?
July 8 th	10:00 – 12:00 pm	Sarasota County Health Dept. - Ringling	Do you dip?
July 8 th	10:00 – 12:00 pm	Audio/Virtual TTQ	Do you want to quit...or quit again?
July 8 th	11:30 – 1:30 pm	Mt. Carmel Resource Center (Palmetto)	Gulfcoast South Area Health Education Center holds free Group Coaching.
July 12 th	2:00 – 4:00 pm	Virtual TTQ	Tools to Quit (TTQ) – a one-time, two-hour group.
July 13 th	3:00 – 5:00 pm	(Spanish) Virtual TTQ	Quit Smoking Now (QSN) – a four-week, one-hour group.
July 13 th	4:00 – 6:00 pm	Blake Medical Center	Both programs cover all forms of tobacco, from cigarettes, cigars, to smokeless tobacco.
July 14 th	5:30 – 7:30 pm	Fawcett 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.*
July 19 th	2:00 – 4:00 pm	Bayfront Health Port Charlotte	
July 21 st	6:00 – 8:00 pm	Virtual TTQ	
July 26 th	2:00 – 4:00 pm	Virtual TTQ	
July 27 th	2:00 – 4:00 pm	Sarasota County Health Dept. – North Port	
July 28 th	5:30 – 7:30 pm	Sarasota Memorial Hospital	
July 28 th	6:00 – 8:00 pm	Virtual TTQ	
July 1st, 8th, 15th, & 22nd	3:00 – 4:00 pm	Virtual QSN*	To set yourself free from tobacco, call 866-534-7909 to register for a class convenient for you.

