

▶ GSAHEC Session Schedule – July 2021

Calendar of Tobacco Cessation Sessions



DATE	TIME	LOCATION
July 7 th	6:00 – 8:00 pm	Virtual TTQ
July 8 th	10:00 – 12:00 pm	Sarasota County Health Dept. - Ringling
July 8 th	10:00 – 12:00 pm	Audio/Virtual TTQ
July 8 th	11:30 – 1:30 pm	Mt. Carmel Resource Center (Palmetto)
July 12 th	2:00 – 4:00 pm	Virtual TTQ
July 13 th	3:00 – 5:00 pm	(Spanish) Virtual TTQ
July 13 th	4:00 – 6:00 pm	Blake Medical Center
July 14 th	5:30 – 7:30 pm	Fawcett Memorial Hospital
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 1 st , 8 th , 15 th , & 22 nd	3:00 – 4:00 pm	Virtual QSN*

**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,
two-hour 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.