

In-Person Group Sessions

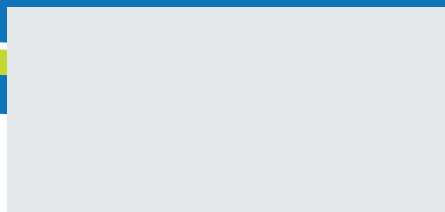


Virtual Group Sessions

Quit tobacco with **Group Quit.**

There's never been a more
important time to quit.

Sponsored by:



Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
*if medically appropriate for those 18 years of age or older
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

For more information on Group Quit sessions, contact:

Gulfcoast North AHEC
813-929-1000

Group Schedule:

4-Week Virtual Group

Thursdays

July 7 - July 28, 2022

12:00pm - 1:00pm

One-Time Virtual Group

Wednesday, July 6, 2022 | 2:00pm-4:00pm

Thursday, July 7, 2022 | 5:00pm-7:00pm **SPANISH**

Friday, July 8, 2022 | 10:00am-12:00pm

Tuesday, July 12, 2022 | 2:00pm-4:00pm

Wednesday, July 13, 2022 | 10:00am-12:00pm

Thursday, July 14, 2022 | 5:30pm-7:30pm

Monday, July 18, 2022 | 6:00pm-8:00pm

Thursday, July 21, 2022 | 11:00am-1:00pm

Friday, July 22, 2022 | 10:00am-12:00pm

Monday, July 25, 2022 | 6:00pm-8:00pm

Tuesday, July 26, 2022 | 10:00am-12:00pm

Wednesday, July 27, 2022 | 2:00pm-4:00pm



**Florida
HEALTH**

Learn more about all of
Tobacco Free Florida's tools and services at
tobaccofreeflorida.com/quityourway

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Group Schedule: One-Time In-Person Group Quit Sessions

TGH Family Care Center - Healthpark
5802 N 30th Street, Building D, Tampa
Friday, July 8, 2022
10:00am - 12:00pm

AdventHealth North Pinellas - Lunch Provided
1395 S Pinellas Avenue, Tarpon Springs
Monday, July 11, 2022
11:00am - 1:00pm

AdventHealth Carrollwood
6925 N Dale Mabry Hwy, Tampa
Monday, July 11, 2022
6:00pm - 8:00pm

Good Samaritan Health Clinic of Pasco
5334 Aspen Street, New Port Richey
Wednesday, July 13, 2022
10:00am - 12:00pm

Florida DOH Pinellas - Mid County
8751 Ulmerton Road, Largo
Thursday, July 14, 2022
12:00pm - 2:00pm

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill
Monday, July 18, 2022
10:00am - 12:00pm

Florida DOH Pinellas - Largo
12420 130th Avenue North, Largo
Wednesday, July 20, 2022
10:00am - 12:00pm

Oak Hill Hospital
11371 Cortez Boulevard, Brooksville
Wednesday, July 20, 2022
2:00pm - 4:00pm

Suncoast Community Health Center - Plant City
801 E Baker Street, Plant City
Thursday, July 28, 2022
10:00am - 12:00pm