Tobacco Free Florida .com

QUIT **YOUR** WAY

Quitting tobacco isn't easy. Finding help should be.

Gulfcoast North
Area Health Education Center
presents

FREE Group Quit Sessions

LOCATION | DATE | TIME

Join on Zoom using a computer or mobile phone or call in by phone:

One-time Virtual Group

Friday, September 3, 2021 | 12:00pm-2:00pm
Tuesday, September 7, 2021 | 10:00am-12:00pm
Tuesday, September 7, 2021 | 5:30pm-7:30pm SPANISH
Thursday, September 9, 2021 | 5:00pm-7:00pm
Friday, September 10, 2021 | 12:00pm-2:00pm
Tuesday, September 14, 2021 | 10:00am-12:00pm
Thursday, September 16, 2021 | 5:30pm-7:30pm
Friday, September 17, 2021 | 12:00pm-2:00pm
Monday, September 20, 2021 | 6:00pm-8:00pm
Tuesday, September 21, 2021 | 10:00am-12:00pm
Friday, September 24, 2021| 12:00pm-2:00pm
Monday, September 27, 2021 | 6:00pm-8:00pm
Tuesday, September 28, 2021 | 10:00am-12:00pm

4-Week Virtual Group

Thursdays, September 2nd - September 23rd, 2021
5:30pm - 6:30pm

ABOUT THE GROUP:

Each group will provide you with information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your **OWN QUIT PLAN**. Groups cover all forms of tobacco.

FREE

Nicotine replacement patches, gum or lozenges.*
**If medically appropriate and 18 years of age or older.*

FREE

Participant workbook and materials.

More than **DOUBLES** your chances of success!

Programs cover all forms of tobacco.

Pre-registration required.
To register call: 813-929-1000

For more information, visit us at
tobaccofreeflorida.com/quityourway

This program is sponsored by:

AHEC GULFCOAST NORTH AREA HEALTH EDUCATION CENTER

Florida HEALTH