

▶ GSAHEC Class Schedule – August 2020

Calendar of Tobacco Cessation Classes



DATE	TIME	LOCATION
August 3 rd	2:00 – 4:00 pm	Virtual TTQ
August 5 th	6:00 – 8:00 pm	Virtual TTQ
August 6 th	11:00 – 1:00 pm	Audio TTQ
August 10 th	2:00 – 4:00 pm	Virtual TTQ
August 12 th	6:00 – 8:00 pm	Virtual TTQ
August 17 th	2:00 – 4:00 pm	Virtual TTQ
August 19 th	6:00 – 8:00 pm	Virtual TTQ
August 24 th	2:00 – 4:00 pm	Virtual TTQ
August 25 th	3:00 – 5:00 pm	SPANISH - Virtual TTQ
August 26 th	6:00 – 8:00 pm	Virtual TTQ
August 31 st	2:00 – 4:00 pm	Virtual TTQ
August 6th	3:00 – 4:00 pm	Virtual QSN
August 13th	3:00 – 4:00 pm	Virtual QSN
August 20th	3:00 – 4:00 pm	Virtual QSN
August 27th	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.