



# QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

## January & February Class Schedule

### Tools to Quit (2-Hour Class)

#### Tuesday January 7, 2020 | 12:00pm – 2:00pm

Citrus County Library – Homosassa  
4100 S Grandmarch Avenue, Homosassa

#### Friday, January 24, 2020 | 10:00am – 12:00pm

Citrus County Library – Lakes Region  
1511 Druid Road, Inverness

#### Friday, February 14, 2020 | 10:00am – 12:00pm

Citrus County Library – Lakes Region  
1511 Druid Road, Inverness

#### Thursday, February 20, 2020 | 10:00am – 12:00pm

Citrus County Library – Homosassa  
4100 S Grandmarch Avenue, Homosassa

#### Monday, February 24, 2020 | 10:00am – 12:00pm

Citrus County Library – Central Ridge  
425 W Roosevelt Boulevard, Beverly Hills

## FREE

Nicotine replacement patches,  
gum and lozenges.\*

*\*While supplies last and if medically appropriate.*

## FREE

Community, worksite and clinic  
groups offered.

*Programs cover all forms of tobacco.*

**Description:** This program will provide you with the valuable tools you need to help you quit tobacco. These include: how to prepare a plan that works for you, specific ways to deal with cravings, what physical and emotional symptoms to expect and how to cope with them effectively, as well as four FREE weeks of patches, gum or lozenges while supplies last.



## GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

*toll free 877-848-6696 or locally at 813-929-1000  
[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)*

**Registration required. Please contact:**

**Phone | 813-929-1000**

**Email | [info@gnahec.org](mailto:info@gnahec.org)**

**Gulfcoast North Area Health Education Center**