



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

Registration required. Please contact:

Phone | 813-929-1000

Email | info@gnahec.org

Gulfcoast North Area Health Education Center