**Tobacco Free Florida.com**

**Florida HEALTH**

# 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 Class Schedule

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

**Saturday, January 4, 2020 | 10:00am – 12:00pm**
Mease Dunedin Hospital
601 Main Street, Dunedin

**Tuesday, January 14, 2020 | 1:00pm – 3:00pm**
St. Petersburg General Hospital
6500 38th Avenue North, St. Petersburg

**Thursday, January 16, 2020 | 10:00am – 12:00pm**
AdventHealth North Pinellas
247 East Curlew Place, Suite D, Tarpon Springs

**Thursday, January 16, 2020 | 10:00am – 12:00pm**
Northside Hospital – Medical Office Building
6006 49th Street North, St. Petersburg

**Saturday, January 18, 2020 | 10:00am – 12:00pm**
St. Anthony's Hospital
1200 7th Avenue North, St. Petersburg

**Tuesday, January 21, 2020 | 5:00pm – 7:00pm**
Morton Plant Hospital
PTAK Orthopaedic and Neuroscience Pavilion
430 Morton Plant Street, Clearwater

**Monday, January 27, 2020 | 10:00am – 12:00pm**
City of St. Petersburg – Enoch Davis Recreation Center
1111 18th Avenue South, St. Petersburg

**Tuesday, January 28, 2020 | 1:00pm – 3:00pm**
Florida Department of Health Pinellas – Mid County
8751 Ulmerton Road, Largo

# 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**