



# 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.

## September Class Schedule

### Tools to Quit – 2 Hour Class

**Wednesday, September 11, 2019 | 10:00am – 12:00pm**

Crescent Community Clinic  
5244 Commercial Way (US 19), Spring Hill

**Tuesday, September 17, 2019 | 10:00am – 12:00pm**

Premier Community Healthcare Group – Brooksville  
300 S Main Street, Brooksville

**Tuesday, September 17, 2019 | 1:30pm – 3:30pm**

Bayfront Health Hospital – Brooksville  
Medical Arts Building/Enrichment Center – Suite 120  
17222 Hospital Boulevard, Brooksville

**Wednesday, September 18, 2019 | 4:00pm – 6:00pm**

Oak Hill Hospital  
GME Conference Center  
11307 Cortez Boulevard, Brooksville

**Thursday, September 19, 2019 | 1:30pm – 3:30pm**

Hernando County Library – Spring Hill  
9220 Spring Hill Drive, Spring Hill

**Tuesday, September 24, 2019 | 5:30pm – 7:30pm**

NAMI Hernando  
10554 Spring Hill Drive, Spring Hill

**Wednesday, September 25, 2019 | 1:30pm – 3:30pm**

Access Healthcare LLC  
14690 Spring Hill Drive, Spring Hill

**Friday, September 27, 2019 | 10:00am – 12:00pm**

Florida Department of Health Hernando – Spring Hill  
7551 Forest Oaks Boulevard, Spring Hill

## 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**