



# 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 4, 2019 | 10:00am – 12:00pm**

AdventHealth Zephyrhills  
CREATION Health Wellness Center  
38233 Daughtery Road, Zephyrhills

**Thursday, September 5, 2019 | 12:30pm – 2:30pm**

CareerSource Pasco Hernando – New Port Richey  
4440 Grand Boulevard, New Port Richey

**Friday, September 6, 2019 | 2:00pm – 4:00pm**

Florida Department of Health Pasco – New Port Richey  
10841 Little Road, New Port Richey

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

Morton Plant North Bay Hospital  
6600 Madison Street, New Port Richey

**Wednesday, September 11, 2019 | 5:30pm – 7:30pm**

AdventHealth Wesley Chapel  
2600 Bruce B Downs Boulevard, Wesley Chapel

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

Premier Community Healthcare Group – Zephyrhills  
37840 Medical Arts Court, Zephyrhills

**Wednesday, September 18, 2019 | 10:00am – 12:00pm**

Good Samaritan Clinic  
5334 Aspen Street, New Port Richey

**Wednesday, September 18, 2019 | 2:00pm – 4:00pm**

Regional Medical Center Bayonet Point  
14000 Fivay Road, Hudson

**Thursday, September 26, 2019 | 3:00pm – 5:00pm**

AdventHealth Dade City  
13100 Fort King Road, Dade City

## 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**