



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 Daughtry 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*

Registration required. Please contact:

Phone | 813-929-1000

Email | info@gnahec.org

Gulfcoast North Area Health Education Center