



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.

March 2018 - CLASS SCHEDULE

Wednesday, March 7, 2018 | 10:00am - 12:00pm

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

Friday, March 9, 2018 | 10:00am - 12:00pm

Medical Center of Trinity
Conference Room C
9330 State Rd -54, Trinity

Wednesday, March 14, 2018 | 10:00am - 12:00pm

Good Samaritan Clinic
5334 Aspen Street, New Port Richey

Wednesday, March 14, 2018 | 2:00pm - 4:00pm

Regional Medical Center, Bayonet Point
14000 Fivay Road, Hudson

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.

Course Description: The Single-session 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
info@gnahec.org
Gulfcoast North Area Health Education Center