



# 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.

## Tools to Quit – 2 Hour Class

**Friday June 8, 2018 | 1:00pm –3:00pm**

Florida Hospital Zephyrhills  
CREATION Health Wellness Center  
38233 Daughtery Road, Zephyrhills

**Tuesday June 19, 2018 | 10:00am-12:00pm**

Premier Community Healthcare  
37944 Pasco Ave., Dade City

**Friday June 29, 2018 | 1:00pm – 3:00pm**

Zephyrhills Public Library  
5347 8<sup>th</sup> Street, Zephyrhills

**Registration is required.**

**Please call:**

**813-929-1000 or email [info@гнаhec.org](mailto:info@гнаhec.org)**

Additional Classes Available:  
[www.ahtobacco.com/calendar](http://www.ahtobacco.com/calendar)

## 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](http://tobaccofreeflorida.com/quityourway)

**Registration required. Please contact:**  
**Phone| 813-929-1000**  
**Email| [info@гнаhec.org](mailto:info@гнаhec.org)**  
**Gulfcoast North Area Health Education Center**