



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

Wednesday July 11, 2018 | 5:30pm – 7:30pm
Florida Hospital Wesley Chapel
2600 Bruce B Downs Blvd, Wesley Chapel

Tuesday July 17, 2018 | 10:00am-12:00pm
Premier Community Healthcare
37944 Pasco Ave., Dade City

Thursday July 19, 2018 | 10:00am –12:00pm
Florida Hospital Zephyrhills
CREATION Health Wellness Center
38233 Daughtery Road, Zephyrhills

August 16, 2018 | 5:00pm –7:00pm
Florida Hospital Zephyrhills
CREATION Health Wellness Center
38233 Daughtery Road, Zephyrhills

Registration is required.

**Please call:
813-929-1000 or email info@гнаhec.org**

Additional Classes Available:
www.ahectobacco.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

Registration required. Please contact:
Phone| 813-929-1000
Email| info@гнаhec.org
Gulfcoast North Area Health Education Center