



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.

May Class Schedule

Tools to Quit – 2 Hour Class

Wednesday, May 1, 2019 | 10:00am – 12:00pm

Florida Department of Health Pinellas – St. Petersburg
205 Dr MLK Jr Street North, St. Petersburg

Saturday, May 4, 2019 | 10:00am – 12:00pm

BayCare - Mease Dunedin Hospital
601 Main Street, Dunedin

Thursday, May 9, 2019 | 10:00am – 12:00pm

AdventHealth North Pinellas
247 East Curlew Place, Suite D, Tarpon Springs

Tuesday, May 14, 2019 | 1:00pm – 3:00pm

St. Petersburg General Hospital
6500 38th Avenue North, St. Petersburg

Thursday, May 16, 2019 | 10:00am – 12:00pm

Northside Hospital – Medical Office Building
6006 49th Street North, St. Petersburg

Saturday, May 18, 2019 | 10:00am – 12:00pm

St. Anthony's Hospital
1200 7th Avenue North, St. Petersburg

Tuesday, May 21, 2019 | 5:00pm – 7:00pm

Morton Plant Hospital
PTAK Orthopaedic and Neuroscience Pavilion
430 Morton Plant Street, Clearwater

Thursday, May 23, 2019 | 6:00pm – 8:00pm

City of St. Petersburg – J.W. Cate Recreation Center
5801 22nd Avenue North, St. Petersburg

Tuesday, May 28, 2019 | 1:00pm – 3:00pm

Florida Department of Health Pinellas – Mid County
8751 Ulmerton Road, Largo

Quit Smoking Now – 6 Week Class

Thursdays, May 23, 2019 – June 27, 2019 | 6:00pm – 7:00pm

First Unity Spiritual Campus
460 46th Avenue North, St. Petersburg

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