



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.

August Class Schedule

Tools to Quit – 2 Hour Class

Thursday, August 1, 2019 | 12:30pm – 2:30pm

CareerSource Pasco Hernando – Brooksville
16336 Cortez Boulevard, Brooksville

Tuesday, August 13, 2019 | 2:00pm – 4:00pm

Hernando County Library – Brooksville
238 Howell Avenue, Brooksville

Wednesday, August 14, 2019 | 10:00am – 12:00pm

Crescent Community Clinic
5244 Commercial Way (US 19), Spring Hill

Tuesday, August 20, 2019 | 1:30pm – 3:30pm

Bayfront Health Hospital – Spring Hill
Medical Arts Building/Enrichment Center – Suite 105
10441 Quality Blvd, Spring Hill

Wednesday, August 21, 2019 | 5:00pm – 7:00pm

Oak Hill Hospital
GME Conference Center – Room C
11307 Cortez Boulevard, Brooksville

Tuesday, August 27, 2019 | 5:30pm – 7:30pm

NAMI Hernando
10554 Spring Hill Drive, Spring Hill

Thursday, August 29, 2019 | 1:30pm – 3:30pm

Access Healthcare LLC
5350 Spring Hill Drive, Spring Hill

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