



# 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 | 10:00am – 12:00pm**

Suncoast Community Health Center – Plant City  
801 E Baker Street, Plant City

**Friday, August 2, 2019 | 10:00am – 12:00pm**

TGH – Family Care Center Health Park  
5802 N 30<sup>th</sup> Street, Building D, Tampa

**Wednesday, August 7, 2019 | 10:00am – 12:00pm**

Suncoast Community Health Center – Brandon  
313 S Lakewood Drive, Brandon

**Friday, August 16, 2019 | 10:00am – 12:00pm**

St. Joseph's Hospital South  
6901 Simmons Loop, Riverview

**Tuesday, August 20, 2019 | 5:30pm – 7:30pm**

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St. Joseph's Hospital – Medical Arts Building  
3001 W Dr MLK Jr Boulevard, Tampa

**Wednesday, August 21, 2019 | 2:00pm – 4:00pm**

CareerSource Tampa Bay  
9215 N Florida Avenue, Suite 101, Tampa

**Thursday, August 22, 2019 | 12:00pm – 2:00pm**

Davita Medical Group  
14451 University Cove Place, Tampa

**Saturday, August 24, 2019 | 10:00am – 12:00pm**

Journey to Joy, Inc  
601 N Lois Avenue, Suite 16, Tampa

**Monday, August 26, 2019 | 6:00pm – 8:00pm**

St. Joseph's Hospital – Medical Arts Building  
3001 W Dr MLK Jr Boulevard, Tampa

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

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