



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

Wednesday, August 7, 2019 | 11:00am – 1:00pm

Medical Center of Trinity (Free light snack)
9300 State Road 54, Trinity

Thursday, August 8, 2019 | 12:00pm – 2:00pm

DaVita Medical Group *****Limited Class Space*****
23532 State Road 54, Lutz

Tuesday, August 13, 2019 | 10:00am – 12:00pm

Morton Plant North Bay Hospital
6600 Madison Street, New Port Richey

Wednesday, August 14, 2019 | 5:30pm – 7:30pm

AdventHealth Wesley Chapel
2600 Bruce B Downs Boulevard, Wesley Chapel

Friday, August 16, 2019 | 2:00pm – 4:00pm

AdventHealth Zephyrhills
CREATION Health Wellness Center
38233 Daughtery Road, Zephyrhills

Tuesday, August 20, 2019 | 1:00pm – 3:00pm

Florida Department of Health Pasco – Dade City
13941 15th Street, Dade City

Wednesday, August 21, 2019 | 10:00am – 12:00pm

Good Samaritan Clinic
5334 Aspen Street, New Port Richey

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

Regional Medical Center Bayonet Point
14000 Fivay Road, Hudson

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@гнаheec.org

Gulfcoast North Area Health Education Center