



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.

November & December Class Schedule

Tools to Quit (2-Hour Class)

Tuesday, November 5, 2019 | 1:30pm – 3:30pm

Bayfront Health Seven Rivers – Senior Circle
11537 W Emerald Oaks Drive, Crystal River

Tuesday, November 12, 2019 | 10:00am – 12:00pm

Citrus County Library – Homosassa
4100 S Grandmarch Avenue, Homosassa

Friday, November 15, 2019 | 10:30am – 12:30pm

Citrus County Library – Lakes Region
1511 Druid Road, Inverness

Wednesday, December 4, 2019 | 10:00am – 12:00pm

Citrus County Library – Homosassa
4100 S Grandmarch Avenue, Homosassa

Friday, December 13, 2019 | 12:30pm – 2:30pm

Citrus County Library – Lakes Region
1511 Druid Road, Inverness

Thursday, December 19, 2019 | 4:00pm – 6:00pm

Bayfront Health Medical Group
5915 W Gulf to Lake Highway, Crystal River

Friday, December 20, 2019 | 10:00am – 12:00pm

Citrus County Library – Central Ridge
425 W Roosevelt Boulevard, Beverly Hills

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