



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 Class Schedule

Tools to Quit – 2 Hour Class

Monday, November 18, 2019 | 10:00am – 12:00pm

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

Tuesday, November 19, 2019 | 1:30pm – 3:30pm

Bayfront Health Hospital – Brooksville
Medical Arts Building/Enrichment Center – Suite 120
17222 Hospital Boulevard, Brooksville

Wednesday, November 20, 2019 | 4:00pm – 6:00pm

Oak Hill Hospital
GME Conference Center
11307 Cortez Boulevard, Brooksville

Thursday, November 21, 2019 | 1:30pm – 3:30pm

Hernando County Library – Spring Hill
9220 Spring Hill Drive, Spring Hill

Friday, November 22, 2019 | 2:00pm – 4:00pm

Florida Department of Health Hernando – Spring Hill
7551 Forest Oaks Boulevard, Spring Hill

Tuesday, November 26, 2019 | 2:00pm – 4:00pm

Premier Community Healthcare Group – Brooksville
300 S Main Street, Brooksville

Tuesday, November 26, 2019 | 5:30pm – 7:30pm

NAMI Hernando
10554 Spring Hill Drive, Spring Hill

Wednesday, November 27, 2019 | 1:30pm – 3:30pm

Access Healthcare LLC
14690 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