



# 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)

**Saturday, November 2, 2019 | 10:00am - 12:00pm**

Mease Dunedin Hospital  
601 Main Street, Dunedin

**Tuesday, November 5, 2019 | 2:00pm - 4:00pm**

Largo Medical Center  
2025 Indian Rocks Road, Largo

**Wednesday, November 6, 2019 | 10:00am - 12:00pm**

Florida Department of Health Pinellas - St. Petersburg  
205 Dr MLK Jr Street North, St. Petersburg

**Tuesday, November 12, 2019 | 1:00pm - 3:00pm**

St. Petersburg General Hospital  
6500 38<sup>th</sup> Avenue North, St. Petersburg

**Saturday, November 16, 2019 | 10:00am - 12:00pm**

St. Anthony's Hospital  
1200 7<sup>th</sup> Avenue North, St. Petersburg

**Tuesday, November 19, 2019 | 5:00pm - 7:00pm**

Morton Plant Hospital  
PTAK Orthopaedic and Neuroscience Pavilion  
430 Morton Plant Street, Clearwater

**Thursday, November 21, 2019 | 10:00am - 12:00pm**

AdventHealth North Pinellas  
247 East Curlew Place, Suite D, Tarpon Springs

**Thursday, November 21, 2019 | 10:00am - 12:00pm**

Northside Hospital - Medical Office Building  
6006 49<sup>th</sup> Street North, St. Petersburg

**Monday, November 25, 2019 | 10:00am - 12:00pm**

City of St. Petersburg - Enoch Davis Recreation Center  
1111 18<sup>th</sup> Avenue South, St. Petersburg

**Tuesday, November 26, 2019 | 1:00pm - 3:00pm**

Florida Department of Health Pinellas - Mid County  
8751 Ulmerton Road, Largo

### Quit Smoking Now (4-Week Class)

**Thursdays, November 21 - December 19, 2019 | 6:00pm - 7:00pm**

First Unity Spiritual Campus  
460 46<sup>th</sup> Avenue North, St. Petersburg

# 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**