



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

Friday, November 1, 2019 | 10:00am – 12:00pm

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

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

EN ESPANOL***

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

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

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

Thursday, November 7, 2019 | 10:00am – 12:00pm

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

Wednesday, November 13, 2019 | 5:30pm – 7:30pm

St. Joseph's Hospital North – Garden Atrium
4211 Van Dyke Road, Lutz

Friday, November 15, 2019 | 10:00am – 12:00pm

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

Monday, November 18, 2019 | 6:00pm – 8:00pm

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

Wednesday, November 20, 2019 | 2:00pm – 4:00pm

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

Saturday, November 23, 2019 | 10:00am – 12:00pm

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

Registration required. Please contact:
Phone | 813-929-1000
Email | info@gnahec.org
Gulfcoast North Area Health Education Center