



# 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.

## Pinellas County Class Schedule FEBRUARY 2019

**Saturday, February 2, 2019 | 10:00am - 12:00pm**  
BayCare – Mease Dunedin Hospital  
601 Main Street, Dunedin

**Wednesday, February 6, 2019 | 10:00am - 12:00pm**  
Florida Department of Health  
205 Dr. MLK Jr. Street North, St. Petersburg

**Tuesday, February 12, 2019 | 1:00pm - 3:00pm**  
St. Petersburg General Hospital  
6500 38<sup>th</sup> Avenue North, St. Petersburg

**Thursday, February 14, 2019 | 10:00am - 12:00pm**  
Florida Hospital – North Pinellas  
247 East Curlew Place, Suite D, Tarpon Springs

**Saturday, February 16, 2019 | 10:00am - 12:00pm**  
St. Anthony's Hospital  
1200 7<sup>th</sup> Avenue North, St. Petersburg

**Tuesday, February 19, 2019 | 5:00pm - 7:00pm**  
Morton Plant Hospital  
PTAK Orthopaedic and Neuroscience Pavilion  
430 Morton Plant Street, Clearwater

**Thursday, February 21, 2019 | 10:00am - 12:00pm**  
Northside Hospital – Medical Office Building  
6006 49<sup>th</sup> Street North, St. Petersburg

**Monday, February 25, 2019 | 10:00am - 12:00pm**  
City of St. Petersburg – Enoch Davis Rec. Center  
1111 18<sup>th</sup> Avenue South, St. Petersburg

**Tuesday, February 26, 2019 | 1:00pm - 3:00pm**  
Florida Department of Health – Mid County  
8751 Ulmerton Road, Largo

**Thursday, February 28, 2019 | 6:00pm - 8:00pm**  
City of St. Petersburg – J.W. Cate Recreation Center  
5801 22<sup>nd</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.*

**Course Description:** The Single-session 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@гнаheс.org](mailto:info@гнаheс.org)  
Gulfcoast North Area Health Education Center