



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.

CLASS SCHEDULE

Tobacco Free Florida
And
First Unity Spiritual Campus
Present:

Quit Smoking Now 6 Week Tobacco Cessation Class

Every Thursday
January 10 – February 14, 2019
6:00 pm - 7:00 pm

Session 1	Thu, 1/10/19	6:00pm - 7:00pm
Session 2	Thu, 1/17/19	6:00pm - 7:00pm
Session 3	Thu, 1/24/19	6:00pm - 7:00pm
Session 4	Thu, 1/31/19	6:00pm - 7:00pm
Session 5	Thu, 2/7/19	6:00pm - 7:00pm
Session 6	Thu, 2/14/19	6:00pm - 7:00pm

460 46th Avenue North
Room 301
Saint Petersburg, FL 33703

Registration Required.

Please Contact:
Call: **813-929-1000** or
Email: info@gnahec.org

Tobacco Free Florida
AHEC Cessation Program

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.

The Multi-session program meets weekly and will provide you with the valuable tools you need to help you quit tobacco. These include: preparing to quit your use of tobacco, learning strategies and skills to quit and remain tobacco-free, having the opportunity to share your experience with others in a friendly, respectful and supportive group setting, 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