



# 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.

## August Class Schedule

### Tools to Quit - 2 Hour Class

**Saturday, August 3, 2019 | 10:00am - 12:00pm**  
Mease Dunedn Hospital  
601 Main Street, Dunedin

**Wednesday, August 7, 2019 | 10:00am - 12:00pm**  
Florida Department of Health Pinellas - St. Petersburg  
205 Dr MLK Jr Street North, St. Petersburg

**Tuesday, August 13, 2019 | 1:00pm - 3:00pm**  
St. Petersburg General Hospital  
6500 38<sup>th</sup> Avenue North, St. Petersburg

**Tuesday, August 13, 2019 | 2:00pm - 4:00pm**  
Largo Medical Center  
201 14<sup>th</sup> Street S.W., Largo

**Thursday, August 15, 2019 | 10:00am - 12:00pm**  
AdventHealth North Pinellas  
247 East Curlew Place, Suite D, Tarpon Springs

**Thursday, August 15, 2019 | 10:00am - 12:00pm**  
Northside Hospital - Medical Office Building  
6006 49<sup>th</sup> Street North, St. Petersburg

**Saturday, August 17, 2019 | 10:00am - 12:00pm**  
St. Anthony's Hospital  
1200 7<sup>th</sup> Avenue North, St. Petersburg

**Tuesday, August 20, 2019 | 5:00pm - 7:00pm**  
Morton Plant Hospital  
PTAK Orthopaedic and Neuroscience Pavilion  
430 Morton Plant Street, Clearwater

**Thursday, August 22, 2019 | 6:00pm - 8:00pm**  
J W Cate Recreation Center  
5801 22<sup>nd</sup> Avenue North, St. Petersburg

**Monday, August 26, 2019 | 10:00am - 12:00pm**  
City of St. Petersburg - Enoch Davis Recreation Center  
1111 18<sup>th</sup> Avenue South, St. Petersburg

**Tuesday, August 27, 2019 | 1:00pm - 3:00pm**  
Florida Department of Health Pinellas - Mid County  
8751 Ulmerton Road, Largo

**Wednesday, August 28, 2019 | 5:00pm - 7:00pm**  
St. Petersburg Free Clinic  
5501 4<sup>th</sup> Street 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