



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.

December Class Schedule

Tools to Quit (2-Hour Class)

Tuesday, December 3, 2019 | 2:00pm – 4:00pm

Largo Medical Center
2025 Indian Rocks Road, Largo

Wednesday, December 4, 2019 | 10:00am – 12:00pm

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

Saturday, December 7, 2019 | 10:00am – 12:00pm

Mease Dunedin Hospital
601 Main Street, Dunedin

Tuesday, December 10, 2019 | 1:00pm – 3:00pm

St. Petersburg General Hospital
6500 38th Avenue North, St. Petersburg

Tuesday, December 17, 2019 | 1:00pm – 3:00pm

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

Tuesday, December 17, 2019 | 5:00pm – 7:00pm

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

Thursday, December 19, 2019 | 10:00am – 12:00pm

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

Thursday, December 19, 2019 | 10:00am – 12:00pm

Northside Hospital – Medical Office Building
6006 49th Street North, St. Petersburg

Saturday, December 21, 2019 | 10:00am – 12:00pm

St. Anthony's Hospital
1200 7th Avenue North, St. Petersburg

Monday, December 23, 2019 | 10:00am – 12:00pm

City of St. Petersburg – Enoch Davis Recreation Center
1111 18th Avenue South, 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

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