



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.

March Class Schedule

Tools to Quit – 2 Hour Class

Thursday, March 5, 2020 | 1:00pm – 3:00pm

AdventHealth Zephyrhills
CREATION Health Wellness Center
38233 Daughtery Road, Zephyrhills

Friday, March 6, 2020 | 9:00am – 11:00am

AdventHealth Dade City
13100 Fort King Road, Dade City

Tuesday, March 10, 2020 | 10:00am – 12:00pm

Morton Plant North Bay Hospital
6600 Madison Street, New Port Richey

Wednesday, March 11, 2020 | 5:30pm – 7:30pm

AdventHealth Wesley Chapel
2600 Bruce B Downs Boulevard, Wesley Chapel

Tuesday, March 17, 2020 | 10:00am – 12:00pm

Premier Community Healthcare Group – Zephyrhills
37840 Medical Arts Court, Zephyrhills

Tuesday, March 17, 2020 | 11:00am – 1:00pm

Medical Center of Trinity (Light meal ticket provided)
9330 State Road 54, Trinity

Wednesday, March 18, 2020 | 10:00am – 12:00pm

Good Samaritan Clinic
5334 Aspen Street, New Port Richey

Wednesday, March 18, 2020 | 2:00pm – 4:00pm

Regional Medical Center Bayonet Point
14000 Fivay Road, Hudson

Thursday, March 26, 2020 | 12:30pm – 2:30pm

CareerSource Pasco Hernando – New Port Richey
4440 Grand Boulevard, New Port Richey

Friday, March 27, 2020 | 1:30pm – 3:30pm

Florida Department of Health Pasco – New Port Richey
10841 Little Road, New Port Richey

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