



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 JANUARY 2019

Wed., Jan. 2 | 10:00am - 12:00pm

Florida Department of Health
205 Dr. MLK Jr. Street N., St. Petersburg

Sat., Jan. 5 | 10:00am - 12:00pm

BayCare – Mease Dunedin Hospital
601 Main Street, Dunedin

Thurs., Jan. 10 | 10:00am - 12:00pm

Florida Hospital – North Pinellas
247 East Curlew Place, Suit D Edu., Tarpon Springs

Tue., Jan. 15 | 5:00pm - 7:00pm

BayCare – Morton Plant Hospital
PTAK Orthopaedic and Neuroscience Pavilion
430 Morton Plant Street, Suite 114, Clearwater

Sat., Jan. 19 | 10:00am - 12:00pm

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

Tues., Jan. 22 | 1:00pm - 3:00pm

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

Thurs., Jan. 24 | 6:00pm - 8:00pm

City of St. Petersburg – J.W. Cate Rec. Center
5801 22nd Avenue N., St. Petersburg

Mon., Jan. 28 | 10:00am - 12:00pm

City of St. Petersburg – Enoch Davis Rec. Center
1111 18th Avenue S., St. Petersburg

Thurs., Jan. 31 | 10:00am - 12:00pm

Northside Hospital – Medical Office Building
6006 49th 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.

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

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