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## A TREAT FOR THOSE READY TO QUIT TOBACCO: NO-COST GROUP SESSIONS IN OCTOBER



### CONTACT:

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Quitting smoking is hard, but having the right tools and support can make it easier. Get face-to-face help in a group setting at the October Quit Your Way sessions from Tobacco Free Florida at two Florida Department of Health in Pinellas County (DOH-Pinellas) centers. The group sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost.

Two-hour sessions at DOH-Pinellas centers will be held on these dates:

- 10 a.m. to noon, Wednesday, Oct. 3, at DOH-Pinellas in St. Petersburg: 205 Dr. Martin Luther King Jr. St., N.
- 1 to 3 p.m., Tuesday, Oct. 23, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.



In addition to the group sessions, individuals who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The sessions provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

During October, and every month, numerous classes are held at other locations in Pinellas County, too. For information about other sessions or to register, call (813) 929-1000 or email [info@gnahec.org](mailto:info@gnahec.org). Go to [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway) for other resources.

For more information about GNAHEC, go to [www.ahectobacco.com](http://www.ahectobacco.com).

For more information about DOH-Pinellas, go to [www.PinellasHealth.com](http://www.PinellasHealth.com) or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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### About the Florida Department of Health

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