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QUIT TOBACCO WITH NO-COST GROUP SESSIONS IN AUGUST



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The Florida Department of Health in Pinellas County (DOH-Pinellas) is encouraging those who want to quit tobacco for good to register for the Tobacco Free Florida Group Quit Sessions at two DOH-Pinellas centers in August. The face-to-face sessions are in a group setting, 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, Aug. 1, at DOH-Pinellas in St. Petersburg: 205 Dr. Martin Luther King Jr. St. N.
- 1 to 3 p.m., Tuesday, Aug. 28, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.

In addition to the group sessions, tobacco users 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 August, numerous classes are held at other locations in Pinellas County, too. Registration is required. For information about other sessions or to register, call (813) 929-1000 or email info@gnahec.org. Go to www.tobaccofreeflorida.com/quityourway for other resources.

For more information about GNAHEC, go to www.ahectobacco.com.

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

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