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MAKE 2019 SMOKE-FREE WITH NO-COST GROUP QUIT SESSIONS IN JANUARY



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Turn your New Year's resolution to quit smoking into a reality by registering for a Tobacco Free Florida Group Quit session in January. The Florida Department of Health in Pinellas County (DOH-Pinellas) is hosting the face-to-face session from 1 p.m. to 3 p.m., Tuesday, Jan. 22, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.

The sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC) at no cost. Participants will receive information on

how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The program covers all forms of tobacco and those who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate).

During January, 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@гнаhec.org. Go to <http://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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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nabph.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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