



# 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 OCTOBER 2018**

**Wed., Oct. 3 | 10:00am - 12:00pm**

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

**Sat., Oct. 6 | 10:00am - 12:00pm**

BayCare – Mease Dunedin Hospital  
601 Main Street, Dunedin

**Mon., Oct. 8 | 6:00pm - 8:00pm**

BayCare Outpatient Center  
900 Carillon Parkway, St. Petersburg

**Thurs., Oct. 11 | 10:00am - 12:00pm**

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

**Thurs., Oct. 11 | 1:00pm - 3:00pm**

BayCare Mease Countryside Hospital  
3231 McMullen Booth Road, Safety Harbor

**Tue., Oct. 16 | 5:00pm - 7:00pm**

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

**Thurs., Oct. 18 | 10:00am - 12:00pm**

Northside Hospital – Medical Office Building  
6006 49<sup>th</sup> Street North, St. Petersburg

**Sat., Oct. 20 | 10:00am - 12:00pm**

St. Anthony's Hospital  
1200 7<sup>th</sup> Avenue North, St. Petersburg

**Mon., Oct. 22 | 10:00am - 12:00pm**

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

**Tues., Oct. 23 | 1:00pm - 3:00pm**

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

**Thurs., Oct. 25 | 6:00pm - 8:00pm**

City of St. Petersburg – J.W. Cate Rec. Center  
5801 22<sup>nd</sup> Avenue N., 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](http://tobaccofreeflorida.com/quityourway)

**Registration required. Please contact:**  
Phone| 813-929-1000  
Email| [info@gnahec.org](mailto:info@gnahec.org)  
Gulfcoast North Area Health Education Center