



# 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.

## March Class Schedule

**Saturday, March 2, 2019 | 10:00am - 12:00pm**

BayCare – Mease Dunedin Hospital  
601 Main Street, Dunedin

**Wednesday, March 6, 2019 | 10:00am - 12:00pm**

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

**Thursday, March 7, 2019 | 5:30pm - 7:30pm**

First Unity Spiritual Campus  
460 46<sup>th</sup> Avenue North, St. Petersburg

**Tuesday, March 12, 2019 | 1:00pm - 3:00pm**

St. Petersburg General Hospital  
6500 38<sup>th</sup> Avenue North, St. Petersburg

**Thursday, March 14, 2019 | 10:00am - 12:00pm**

Advent Health – North Pinellas  
247 East Curlew Place, Suite D, Tarpon Springs

**Saturday, March 16, 2019 | 10:00am - 12:00pm**

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

**Tuesday, March 19, 2019 | 5:00pm - 7:00pm**

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

**Thursday, March 21, 2019 | 10:00am - 12:00pm**

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

**Monday, March 25, 2019 | 10:00am - 12:00pm**

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

**Tuesday, March 26, 2019 | 1:00pm - 3:00pm**

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

**Thursday, March 28, 2019 | 6:00pm - 8:00pm**

City of St. Petersburg – J.W. Cate Recreation Center  
5801 22<sup>nd</sup> Avenue 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.*

**Description:** This 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**