

# If you're ready to quit tobacco Help is **FREE!**

## Class Schedule

### Tools to Quit (2 hour Quit Tobacco Program)

Wednesday March 4, 2015 from 3:30pm - 5:30pm

Hernando County Library Spring Hill Branch  
9220 Spring Hill Drive, Spring Hill

Wednesday March 11, 2015 from 10:00am - 12:00pm

Crescent Community Clinic  
5244 Commercial Way (US 19), Spring Hill

Tuesday March 17, 2015 from 2:00pm - 4:00pm

YMCA of the Suncoast - Hernando  
1300 Mariner Blvd., Spring Hill

Wednesday March 18, 2015 from 10:00am - 12:00pm

Oak Hill Hospital - H2U Partners Club  
11375 Cortez Blvd, Brooksville

Tuesday March 24, 2015 from 3:00pm - 5:00pm

Pasco Hernando State College - Spring Hill Campus  
450 Beverly Court, Spring Hill

To register please contact:

Gulfcoast North AHEC  
Nicole Kelly (813) 929-1000 ext. 204  
or [nkelly@гнаhec.org](mailto:nkelly@гнаhec.org)

- **FREE** - Nicotine Replacement Patches, Gum and Lozenges\*
- **FREE** - Community, worksite, and clinic groups offered
- Covers all forms of tobacco

*\* While supplies last and if medically appropriate.*

IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit. Call to Register.



Sponsored by: Gulfcoast North AHEC and the Florida Department of Health.

[www.ahectobacco.com](http://www.ahectobacco.com)

813.929.1000