

# Trying to Quit?



**Quitline**  
1-877-U-CAN-NOW

1- 877 822-6669



- Free self-help materials
- Local referrals
- Spanish and other languages
- **Free** Nicotine gum, lozenges or patches mailed to you when you sign up for phone counseling.

**Medicaid:** Get free nicotine patches, gum or lozenges with a prescription. For information, call your pharmacists.

## Free Group Classes

For class locations and schedule call:  
813-929-1000 ext. 213



GULF COAST NORTH  
AREA HEALTH  
EDUCATION CENTER



## Pasco County Health Department

### Quit Smoking Support Groups

Free Nicotine Patches- while supplies last

#### **Mondays 1–2 pm**

10841 Little Rd., **New Port Richey**

*Nutritionist every 4th Monday*

727 861-5250 ext. 161 or ext. 279

#### **2nd Tuesday of the Month 12–1 pm**

13941 15th St., **Dade City:**

352 521-1450 ext 339

