

FREE SMOKING CESSATION CLASSES



Are you ready to **QUIT** smoking?
We can help!

What: A **FREE** 8-session smoking cessation program

Who: **ANYONE 18+** who is ready to quit smoking for good

When: Classes offered on a regular basis. **Contact us to find out upcoming dates.**

Quit Smoking Classes **proven effective** by the American Lung Association!

To register and for more info:

Call: **(510) 981-5330** or

E-mail: QuitNow@cityofberkeley.info



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