

Live Smoke Free!

Quit Tobacco Workshop

Kaiser Permanente is offering a one-session workshop designed to help you develop your own quitting plan.

In a positive, no-pressure environment, learn about the nature of addiction, available resources, and strategies to prevent relapse.

Free 4 hour session

To Enroll Call:

Fresno-559-448-4415

Clovis-559-324-5030

Selma- 559-898-6030

WORKSHOP DATES & TIME:

9:00am-1:00pm (Saturday, JULY 17th)

Additional classes:

Aug 21st

Sept 18th

Oct 16th

Nov 20th

Dec 11th



Please contact Deidre Braun at 263-1022 if you plan on attending the full 8- week program also offered by Kaiser Permanente.