

# 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

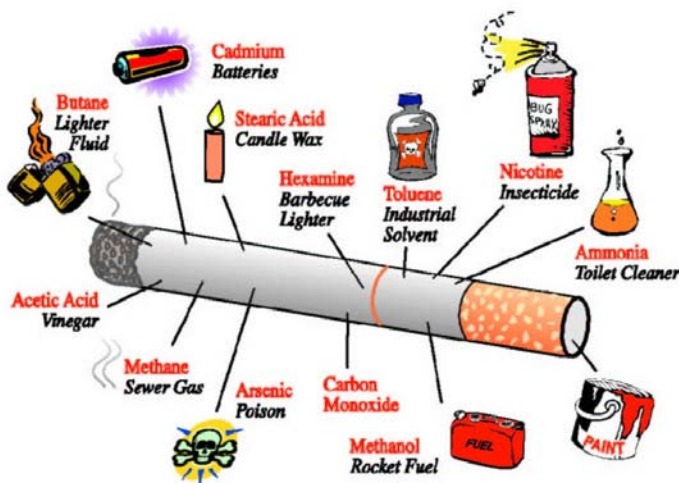
Clovis-559-324-5030

Selma- 559-898-6030

### WORKSHOP DATES & TIME:

9:00am-1:00pm (Saturday,  
Nov 20th)

Additional classes:  
Dec 11th



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