

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

Saturday, November 20, 2010

9:00 a.m. - 1:00 p.m.



Additional class:

December 11, 2010

To Enroll Call:

Fresno-559-448-4415

Clovis-559-324-5030

Selma- 559-898-6030