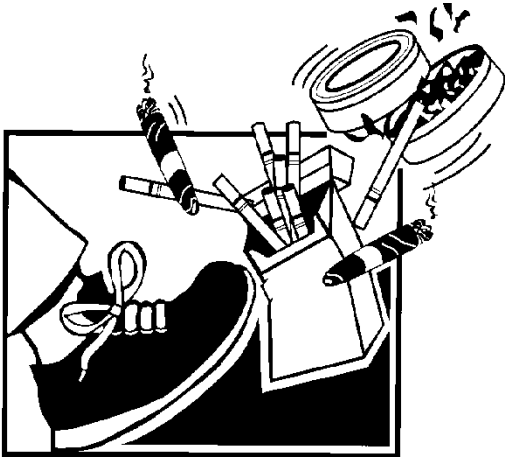


DID YOU KNOW OUR COUNTY BUILDINGS AND GROUNDS ARE SMOKE-FREE?



GET FREE HELP TO **QUIT SMOKING** & *KICK THE BUTTS!*

Kick the Butts is a series of five classes for adults that focus on overcoming nicotine addiction, support systems, rewards, and nutrition & stress reduction techniques.

DATE, TIME and LOCATION:

Wednesdays | August 23- September 20, 2017 | **2:30 – 4:30 PM** | 2101 Courage Dr.
Fairfield | Oak Room

REGISTER BY CALLING:

(707) 784-8900

FOR OTHER FREE RESOURCES:

www.TobaccoFreeSolano.org

www.VibeSolano.com

Presented by

Solano County Health and Social Services

Solano County Public Health

Health Promotion and Community Wellness Bureau

