



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:

Mondays | October 16- November 13, 2017 | **3:30 -5:30 PM** |
Cal Maritime, 200 Maritime Academy Dr., **Vallejo** | Gold 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

