



# 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:**

**Fridays** | October 6- November 3, 2017 | **3:30 -5:30 PM** |

**Kroc Center**, 586 East Wigeon Way, **Suisun City** | Vallejo Room

## **REGISTER BY CALLING:**

(707) 784-8900

## **FOR OTHER FREE RESOURCES:**

[www.TobaccoFreeSolano.org](http://www.TobaccoFreeSolano.org)

[www.VibeSolano.com](http://www.VibeSolano.com)

### **Presented by**

Solano County Health and Social Services

Solano County Public Health

Health Promotion and Community Wellness Bureau

