

Tobacco cessation



No-cost program. Join us to get motivated to stop smoking. Learn strategies and access resources that can help you. See the benefits of quitting smoking as well as the reasons why you should. Please note, this is a virtual class offered by telephone.

Join us:

To register, call:

(562) 613-5118, 8:30 a.m. – 5 p.m., Monday -
Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. - 8 p.m.,
seven days a week