

Tobacco cessation



No-cost virtual 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. to 5 p.m.,
Monday through Friday

For more information, call Customer Care:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

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