

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. This class will be taught in English and Spanish.

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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