

Start the New Year with a New Resolution..... Stop Smoking!!



San Mateo County Health Department Is offering A Stop-Smoking Program! And It's FREE for San Mateo County Residents

THINKING ABOUT QUITTING CIGARETTES?



...So What Are You Waiting For?
(650) 573-3989

FREE Nicotine Patches Available

Freedom From Smoking Program Starts:

DATE: Saturdays: January 7, 14, 21, 28, 30*, February 4, 11, 18
*(Please Note: Quit Day Follow-Up Session on Monday, Jan. 30th
from 6:30 – 8:00 pm)*

TIME: 10:30am – 12:00pm

LOCATION: 2171 Junipero Serra Blvd.
2nd Floor Conference Room
Daly City



PRE-REGISTRATION IS REQUIRED



The Freedom from Smoking Curriculum is provided by the American Lung Association

*Funded by County of San Mateo, Human Services Agency, Tobacco Prevention Program and
First 5 San Mateo County*