



THINKING ABOUT QUITTING ...
It's time to get going with fall activities

San Mateo County Health Department Is offering

A Stop-Smoking Program! And It's Free...



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

FREE Nicotine Patches Available

Freedom From Smoking Program Starts:

DATE: Saturdays: September 24, October 1, 8, *10, 15, 22,
and 29.
(* Please Note: Additional Quit Day Follow-Up Session on
Monday, October 10 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

 **AMERICAN LUNG ASSOCIATION®**
of San Francisco & San Mateo Counties

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