



DO YOU SMOKE AND WANT TO QUIT?

The San Mateo County Health Department
offers FREE stop smoking services to help you quit.

- * *Free to all San Mateo County Residents*
- * *Free Nicotine Patches Available*
- * *We also offer one-on-one telephone counseling sessions in
English and/or Spanish*

Upcoming group classes in Daly City

Date: Saturdays, September 9, 16, 23, 30 October 2*, 7, 14, 21

(*Additional Quit Day Session on Monday, Oct. 2 from 6:30–8pm)

Time: 10:30 am– 12:00 pm

Location: Breathe California
2nd floor Conference Room
2171 Junipero Serra Blvd.
Daly City

****Pre-registration is required****

To register call: (650) 573-3989

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

In collaboration with Breathe California Golden Gate Public Health Partnership

The Freedom from Smoking Curriculum was developed by the American Lung Association