

Kings County Department of Public Health

Kings County Tobacco Control Program

(559) 584-1411 ext.4504

Fax (559) 584-6040

You CAN
Quit
Smoking

You Can do it!

Quit Smoking and chewing for good. Learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health.

Call for information on the following resources.

- Quit Kit
- California Smoker's Helpline 1-800-NO-BUTTS
- Tobacco Cessation Classes
- Nicotine Anonymous



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PUBLIC HEALTH**

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Contact **Carmen Gutierrez,**
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referral information

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