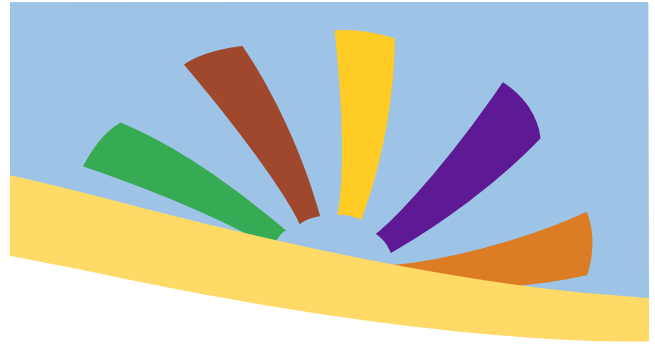




Health, Housing & Community
Services
Tobacco Prevention Program
1947 Center Street, 2nd Floor
Berkeley, CA 94704



Free Quit Smoking Classes



Facilitated by Tino Ratliff

Certified American Lung Association

Freedom From Smoking Facilitator

What: A **FREE** 8-session smoking cessation program (Those who complete the series are eligible for a **\$25 gift card**)

Who: **ANYONE 18+** who is ready to quit smoking for **good** and lives in Berkeley or the Bay Area

* Where: **online classes** (login information given after registration is complete)

When: **We offer classes twice a year, Thursday Evenings from 6-8pm**

Contact us for information on upcoming classes

The American Lung Association's Freedom From Smoking classes are a comprehensive variety of evidence based, proven effective techniques, designed to help tobacco users gain control over their behavior and break their dependency.

To Register or for more information use our contact information below.

E-mail: QuitNow@cityofberkeley.info Or

Call: **(510) 981-5330**



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