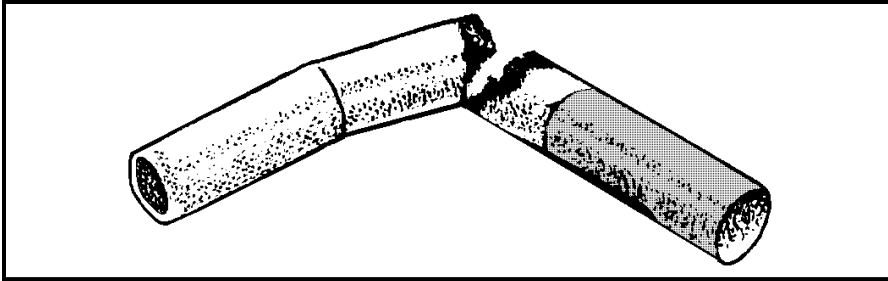


Smoking and Tobacco Cessation Services

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT



FREEDOM FROM TOBACCO PROGRAM*

This 7-session program focuses on quitting permanently through behavioral change. Nicotine Patch available.

- Offered various days of the week, 6:30 to 8:30 p.m.
- **No charge for Kaiser Permanente members/** \$75 for nonmembers.

QUIT TOBACCO WORKSHOP*

This 1-session, 3-hour program provides the tools and confidence needed to kick the habit. Nicotine Patch available.

- Offered Saturdays
- **No charge for Kaiser Permanente members/** \$25 for nonmembers.

SELF-HELP OPTIONS

- **Clinical Health Educators* can work with you one-on-one to help you develop your own quit plan. Call your doctor or the Health Education Center for a referral. Nicotine Patch and Welbutrin (Zyban) pill available.**
- Free, personalized phone counseling is available through the California Smokers' Helpline*. Call 1 (800) 662-8887.
- The Health Education Center has a wide selection of self-help books, pamphlets, and videos. Stop by for a visit!

Program fees listed are subject to change and may depend on your health coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan.

**READY TO BREAK
THE HABIT?
...OR QUIT AGAIN?**
Health Education has
a variety of programs
and materials designed
just for you!

Drop by one of our
Health Education
Centers
or call us at:

Hayward/Union City:
(510) 784-4531

Fremont:
(510) 248-3455

**Spanish individual
counseling in Fremont
with Clinical Health
Educator**



KAISER PERMANENTE®

Smoking & Tobacco Cessation After Care Support Groups

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT

"Ash Kickers" in Fremont

Have you quit smoking?
Join "Ash Kickers" after care
support group. Share your setbacks
and achievements in a
supportive environment.



"No Butts About It!" in Hayward

Come join this motivational group of
former smokers and get the support
to remain an ex-smoker. Continue your
smoke free life...Join us!

"ASH KICKERS"

1st Wednesday
of every month, 7 to 8:30 p.m

Meets in various locations,
check Niles Lobby
Volunteer Desk
for location

No charge, open to
the community

For more information,
call Steve Sheaff
(510) 785-1210

"No BUTTS ABOUT IT!"

2nd Thursday
of every month,
7 to 8:30 p.m.

Meets in various locations,
call Health Education
Department
for information

No charge, open to
the community

For more information,
call Steve Sheaff
(510) 785-1210



KAISER PERMANENTE®