

# KICK THE BUTTS!



## STOP SMOKING & CHEWING TOBACCO CLASSES

CALL FOR CLASS DATES: 784-8900 or 1-800-287-7357

*Kick the Butts* is a series of 5 classes for adults that focuses on nicotine addiction, support systems, rewards, nutrition, and stress reduction.

***Stay quit for 3 months and get a \$25 gift card!***

*Presented by:*

**Solano County Health & Social Services  
Health Promotion & Education Bureau**

Other Resources:

**Stop Smoking Phone Counseling at the California Smokers' Helpline:**

English: 1-800-NO-BUTTS   Spanish: 1-800-45-NO-FUME   Smokeless Tobacco: 1-800-844-CHEW



Funded by the Solano County Board of Supervisors & Reducing Rates Coalition

