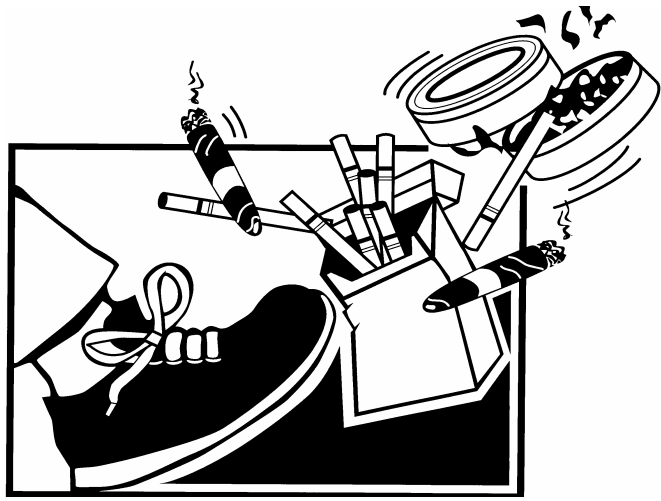


# KICK THE BUTTS!



## STOP SMOKING & CHEWING TOBACCO CLASS

~ VACAVILLE ~

SEPTEMBER 14 through OCTOBER 13

**3 – 5 pm MONDAYS**

*(Except Oct. 13, due to Columbus holiday)*

Vacaville Public Library - Cultural Center  
1020 Ulatis Drive, Story-time Room  
Vacaville 95687

CALL TO REGISTER: 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