

Want to Quit Smoking?
Sign-up for the
Ash Kickers Stop-Smoking Class!

Peer Health Education will hold the Ash Kickers Stop-Smoking class, which will provide the support you need to quit for good. Six one-hour sessions will begin the first week of April. Sessions include:

- tobacco education
- group support
- tools for maintenance
- strategies for a healthy lifestyle.

Please contact Gina Vittori at healthylifesjsu@yahoo.com or (408) 924-6143 or sign up at HB 209 by March 23rd.

Free class!

