

ADDITIONAL RESOURCES

Not ready to attend a class? Here are some resources to get you started:



Helpline counseling is easy, convenient, and has been proven to double smokers' chances of quitting for good.

Mobile app: 



QUIT TOBACCO CLASSES



FOR MORE INFORMATION
805-781-5564
Public Health Department
2180 Johnson Ave - Annex
San Luis Obispo, CA 93401
www.slopublichealth.org



COUNTY OF SAN LUIS OBISPO
HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT



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FREE TOBACCO CESSATION CLASSES

An 8-week structured group class led by Certified Tobacco Treatment Specialists, available to the public throughout the County.

Any tobacco user who is ready to quit can call our office today for additional information. Our counselors will be able to connect you with the tools and resources you need to quit.

SAN LUIS OBISPO

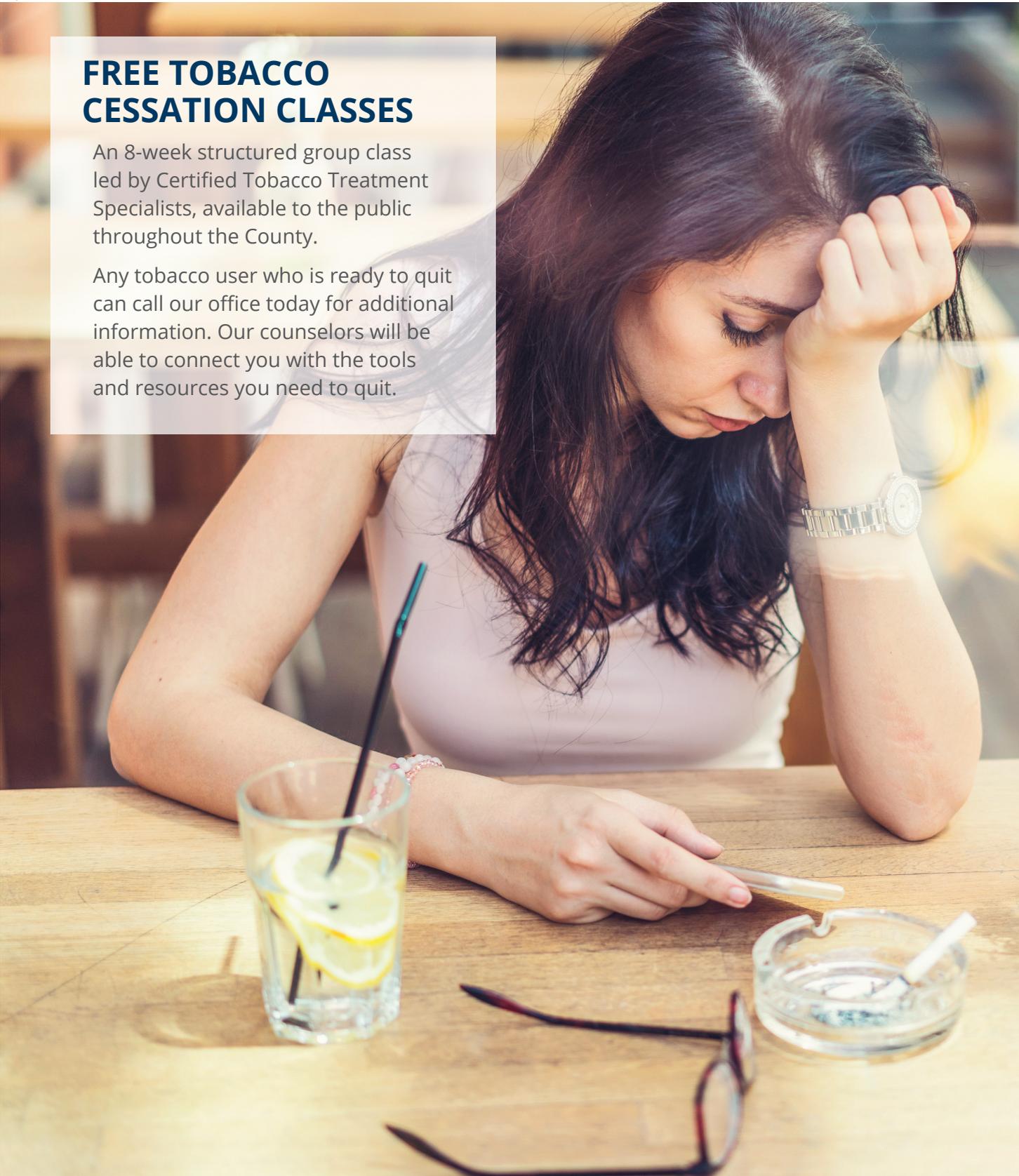
Public Health Department
2180 Johnson Ave. – Aqua Room
Tuesdays 12:00 p.m. – 1:00 p.m.

ATASCADERO

Behavioral Health Department
5575 Hospital Drive
Wednesdays 3:30 p.m. – 4:30 p.m.

GROVER BEACH

Public Health Department
286 South 16th Street, Bldg. A
Thursdays 4:30 p.m. – 5:30 p.m.



CAN E-CIGARETTES HELP ME QUIT SMOKING?

E-cigarettes are not currently approved as a quit smoking aid.

E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes.

E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

Most adult e-cigarette users do not stop smoking cigarettes and instead continue to use both products (known as “dual use”).

If you’ve never smoked or used other tobacco products or e-cigarettes, don’t start.