

# You Can Quit Smoking. We Can Help!



CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**



**L.A. Care**  
HEALTH PLAN®

This material was made possible by funds received from First 5 California.

# FREE STOP SMOKING PROGRAM

## Doubles Your Chance of Quitting for Good

Enroll today for one-on-one support from caring, trained professionals. Services are available in English, Spanish, Chinese, Korean and Vietnamese. We have lots of tools to help you!

**Telephone Counseling**  
**Self-Help Materials**  
**Text Messaging Program**  
**Free Nicotine Patches\***

\*Free patches for qualified callers who are pregnant or have children under age 5, made possible by funding from First 5 California.

### Hours

Mon thru Fri, 7 am-9 pm and Sat, 9am-5pm

**Call Today!**  
**1-800-NO-BUTTS**  
(1-800-662-8887)

**CODE: 59**

**Enroll Online**  
[info.nobutts.org/pregnant](http://info.nobutts.org/pregnant)

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