



Grossmont College
Student Health Services
Provides Resources For

SMOKING CESSATION

To all staff and faculty
Who want to quit the use of tobacco products

Information on tobacco cessation includes:

- Health Effects of Tobacco
- Tobacco Cessation Kits
- Nutrition & Exercise

In- Person Classes offered at:

Kaiser Permanente

Smoking Cessation Class 7-week course. No Charge (members only)
619-641-4194

Sharp HealthCare

Second Breath 6-week class. Call for fees, times, locations
1-800-827-4277

Useful websites include:

www.smokefree.gov

www.californiasmokershelpline.org

Please come to **Health Services office**

619-644-7192

Student Health Services

Located in Griffin Center

Building 60 Room 130

