

## **Stop Smoking Classes**



**Quit smoking for the holidays! The San Mateo County Health Department is offering free smoking cessation groups for San Mateo County residents that want to quit smoking. Nicotine patches are offered to group participants free of charge. Classes are offered in the following cities: San Mateo, Redwood City, Pacifica, Daly City, and South San Francisco. Group classes will soon be held in East Palo Alto and Half Moon Bay. Pre-registration is required. We are currently registering those interested in classes for the fall. If you'd like more information you can visit our website at [www.smhealth.org](http://www.smhealth.org) or call us at (650) 573-3989.**

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