

Freedom from Tobacco Online Support Group



Quitting or staying quit isn't easy. You don't have to do it alone.

Join our online community to help you work toward being or staying tobacco-free. All Kaiser Permanente members are welcome to attend, whether you're currently tobacco-free, thinking of becoming tobacco-free, or have had a setback.

Come and get the support that you need!



Contact your local Center for Healthy Living for more information or help registering.

kp.org/chlscal/locations

**Join our online
no-cost support
group on Mondays
from 6-7:30 p.m. (PT)
starting April 8, 2024
(excluding holidays:
5/27, 9/2, 12/23, 12/30).**



Register online:

1. Log in at **kp.org/appointments**
2. Choose "Health classes or coaching by phone"
3. Choose "Freedom from Tobacco Support Group"
4. Follow prompts to complete registration

The words "tobacco" and "smoking" are used interchangeably and can be applied to any nicotine-based product that you're trying to quit.