LOCAL SMOKING CESSATION SERVICES:

American Lung Association
1-800-LUNG-USA
909 12th St.
Sacramento, CA 95814
Type of Service: Freedom From Smoking 7-week class held at Kaiser facilities in Sacramento, Roseville, & Rancho Cordova.
Cost: $25.

Sierra Nevada Memorial Hospital
Wellness Center
(530) 274-6124
155 Glasson Way
Grass Valley, CA 95945
Type of Service: 7-week group offered quarterly.
For more information and pre-register, please call 274-6124 or email robin.eidson@snmh.dignityhealth.org
Cost: $60

OTHER RESOURCES:

California Helper’s Smokeline: 1-800-NO-BUTTS: http://www.nobutts.org/
California Department of Public Health: http://www.tobaccofreeca.com/
The Campaign for Tobacco-Free Kids: http://www.tobaccofreekids.org/
American Cancer Society: 1-800-ACS-2345 http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/ or https://www.quitnow.net/Program/
American Lung Association: 1-800-LUNG-USA http://www.lung.org/

Nevada County Tobacco Use Prevention Coalition
The purpose of the Nevada County Tobacco Use Prevention Coalition is to collaborate efforts to plan and implement education and prevention programs, expose the tobacco companies marketing tactics, increase knowledge about tobacco use, and foster healthy families, self reliant individuals, communities, schools, workplaces and unique populations.
Public Health Director
Hours: 8am-5pm M-F
Phone: 530.265.1450
http://www.mynevadacounty.com/nc/hhsa/ph/Pages/Tobacco.aspx