



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your recent request for classes to help you **quit smoking**. Listed below are some classes and resources to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

California Smokers' Helpline

Call the California Smoker's Helpline for expert counseling and support.

Counselors speak English, Spanish, Chinese, Vietnamese, and Korean.

Toll-Free: **1.800.NO.BUTTS (1.800.662.8887)**

www.nobutts.org

Freedom from Tobacco – Quit Smoking Class

South Berkeley Senior Center

2939 Ellis St., Berkeley, CA

8-session series.

Phone Number: **1.510.981.5330**

Email: **quitnow@cityofberkeley.info**

Nicotine Anonymous

Nicotine Anonymous brings together groups of people who have felt the grip of nicotine addiction. The primary purpose is to help others to live free of nicotine. Meetings can be in-person, online, or over the phone.

Phone Number: **1.877.879.6422**

www.nica-norcal.org/meetings.html

www.nicotine-anonymous.org

Helpful Resources

www.smokefree.gov – Tips and tools to help quit smoking, in English and Spanish.

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,

Alliance Health Programs