

Kaiser Permanente Los Angeles Medical Center

KICK BUTTS DAY

A Tobacco Free Lifestyle



Quitting smoking is the single most important lifestyle change you can make to improve your health and Kaiser Permanente is your ally.

Kick Butts Day

Thursday, May 23 (10 a.m. - 2 p.m.)

4760 Sunset Blvd., Building Entrance

Come by for literature and conversation with educators. Be sure to take away pamphlets, knowledge and other good things.

Please Join Us in leading a tobacco FREE lifestyle.

For more information about Kaiser Permanente workshops, call (323) 783-4472 or to schedule a phone appointment with a Wellness Coach, call (866) 862-4295 between 7a.m. - 7 p.m., Monday through Friday. *Available to members only.*