



*Glendale Adventist
Medical Center*



PACT to Quit Program

Physicians and Community Together (PACT) to Quit Smoking

FREE Stop Smoking Workshops

Workshops are given one-on-one or in a group setting at no charge.

It is well known that one common asthma trigger in children is exposure to second-hand smoke. We are encouraging those who smoke, especially those with children with asthma, to call us today.

Spread the word and share this wonderful opportunity of FREE workshops with your friends, your family, and your doctors. Help others lead a cleaner and healthier life.

Email or call Michael Olivares at Michael.Olivares@ah.org or (818) 409-8000 ext. 5861 to begin or ask any questions.

If you prefer no cost sessions over the phone, California Smoker's Helpline offers no-cost help to quit and patches by calling 1-800-NO-BUTTS or 1-800-662-8887.