

YOU CAN QUIT.
211 & KICK IT CALIFORNIA
ARE HERE TO HELP!



Congratulations! You have taken the first step toward a healthier life. Kick It California will call you from an (800) number in the next few days.



QUIT PLAN

Call from a Quit Coach to start your personal quit plan.



QUIT MATERIALS

Custom quit materials to help guide you through your quit journey.



\$20 GIFT CARD*

Complete an initial coaching call with a KIC Quit Coach.

**If we don't reach you on the first call, we'll try back a few times.
For more information, visit kickitca.org**