

At least 8 out of 10 lung cancers are caused by smoking cigarettes, according to the CDC.

No matter how long you've smoked, quitting can reduce your risk of lung cancer and the risk to those around you.



FREE
QUIT HELP

Many people need support to quit smoking. Kick It California has helped 1 million+ people over the past 30 years.

VISIT
kickitca.org



KICK/IT
California

We'll help you build a personal quit plan that works for your life.

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