

# WE INVITE YOU TO ATTEND “Ready to Quit My Way!”

**A FREE educational workshop to learn  
how to quit smoking on your own terms!**



## Who should attend?

- Adults who are thinking about quitting smoking for the first time
- Adults who have tried to quit smoking in the past

## You will learn about:

- Why people smoke
- Different ways to quit smoking
- How to overcome barriers and smoking triggers
- Second Hand Smoking

**Date: Friday, 9/22/17**  
**Cantonese: 9:30 am – 11:30 am**  
**Mandarin: 2:00 pm – 4:00 pm**

**Location: Care1st Health Plan**  
**601 Potrero Grande Drive**  
**Monterey Park, CA 91755**

**WE PROVIDE FREE  
TRANSPORTATION  
SERVICES**

To register, and for accommodation of persons with special needs, please call Member Services Department at **1-800-605-2556** (TTY users should dial 711).  
**Monday through Friday,  
8:30 am – 5:30 pm.**



This educational workshop is brought to you by the following collaborating Medi-Cal Managed Care Health Plans: Care1st, Anthem Blue Cross and L.A. Care.



**This event is only for educational purposes and no plan-specific benefits or details will be shared.**

Care1st Health Plan is an affiliate of LA Care Health Plan in providing Medi-Cal managed care services in LA County.

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