



**Alameda Alliance for Health**

1240 South Loop Road  
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments  
(CRS/TTY): **711/1.800.735.2929**

**livehealthy@alamedaalliance.org**

**www.alamedaalliance.org**

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **quit-smoking** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

**Phone Support**

Call or enroll online for expert counseling and support.

**Asian Smokers' Quitline**

Toll-Free:

Chinese: **1.800.838.8917**

Vietnamese: **1.800.778.8440**

Korean: **1.800.556.5564**

**asiansmokersquitline.org**

**Kick It California**

Toll-Free:

English: **1.800.300.8086** (Interpreters offered)

Spanish: **1.800.600.8191**

**kickitca.org**

**Classes**

**Freedom from Tobacco Quit Smoking Class**

**City of Berkeley**

Class series for adults to learn how to live tobacco-free. Call or email to enroll.

Berkeley (Online)

Eight (8) weekly sessions

Phone Number: **1.510.981.5330**

Email: **quitnow@cityofberkeley.info**

## **Support Groups**

### **Nicotine Anonymous**

Nicotine Anonymous is a 12-step program that brings together groups of people who help each other live nicotine-free. Visit the website or call for meeting information.

Various cities (In-person, online)

Toll-Free: **1.877.879.6422**

**[www.nica-norcal.org/meetings](http://www.nica-norcal.org/meetings)**

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

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We hope these classes will help meet your health needs.

Best of Health,  
Alliance Health Programs

### **Enclosed:**

- Notice of Nondiscrimination
- Language Assistance Services

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[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]