

2023

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- * Jan. 2 is National Motivation Day
- * Jan. 12 is National Pharmacists Day
- * Jan. 22 is Lunar New Year

BLACK HISTORY MONTH

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

- * Feb. 4 is World Cancer Day
- * Feb. 20 is World Day of Social Justice

WOMEN'S HISTORY MONTH

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	30	31		

- * March 8 is No Smoking Day
- * March 20 is World Oral Health Day
- * March 31 is Take Down Tobacco National Day of Action

April

NATIONAL MINORITY HEALTH MONTH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- * Apr. 7 is World Health Day
- * Apr. 16 is National Stress Awareness Day
- * Apr. 22 is Earth Day

May

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- * May 2 is World Asthma Day
- * May 14 is No Menthol Sunday
- * May 31 is World No Tobacco Day

June

LGBTQ+ PRIDE MONTH

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- * June 1 is Global Day of Parents
- * June 5 is World Environment Day
- * June 8 is Best Friends Day

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- * July 4 is Independence Day
- * July 28 is World Hepatitis Day

August

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- * Aug. 12 is International Youth Day
- * Aug. 15 is National Relaxation Day

NATIONAL BREASTFEEDING MONTH

September

NATIONAL RECOVERY MONTH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- * Sep. 8 is Stand Up To Cancer Day
- * Sep. 12 is National Day of Encouragement

BREAST CANCER AWARENESS MONTH

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- * Oct. 10 is National Mental Health Day
- * Oct. 15-21 is Healthcare Quality Week

November

NATIVE AMERICAN HERITAGE MONTH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- * Nov. 14 is World Diabetes Day
- * Nov. 16 is National Rural Health Day
- * Nov. 16 is the Great American Smokeout

December

HIV AWARENESS MONTH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- * Dec. 1 is World AIDS Day
- * Dec. 3 is Persons with Disabilities Day

QUIT SMOKING ■ QUIT VAPING ■ QUIT SMOKELESS TOBACCO



Check us out online
Free tools and info to help you or someone you care about quit.

KickItCa.org



Speak with a Quit Coach
Monday-Friday 7 am to 9 pm
Saturday 9 am to 5 pm

English 1-800-300-8086
Spanish 1-800-600-8191



Chat with a Quit Coach
Monday-Friday 7 am to 9 pm
Saturday 9 am to 5 pm

kickitca.org/chat



Automated Text Program
Helpful tips and encouragement at each step of your quit journey.

Text "Quit Smoking" or "Quit Vaping" to 66819
Envie "Dejar de Fumar" o "No Vapear" al 66819



Mobile Apps
Download from the App Store & Google Play Store

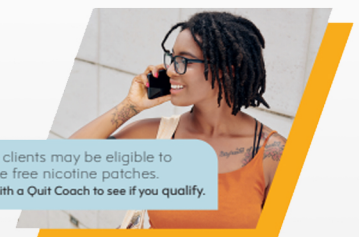
KickItCa.org/apps



Quit Smoking Vids
Tips for planning to quit, staying motivated, and handling cravings.

youtube.com/KickItCa

Kick It California (formerly California Smokers' Helpline) provides free, non-judgmental quit support in English, Spanish, Chinese, Korean, and Vietnamese. Enroll today for one-on-one support from caring, trained professionals. We have lots of tools to help you! Coaching is based on clinical research conducted by UC San Diego Moores Cancer Center and funded by First 5 California and the California Department of Public Health.



Some clients may be eligible to receive free nicotine patches. Chat with a Quit Coach to see if you qualify.