

2024

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GLAUCOMA AWARENESS MONTH

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. 24 is National Compliment Day

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	29		

- * Feb. 4 is World Cancer Day
- * Feb. 10 is Lunar New Year
- * 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	29	30
31						

- * March 8 is International Women's Day
- * March 13 is No Smoking Day
- * March 20 is World Oral Health Day

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	30			

- * April 1 is Take Down Tobacco National Day of Action
- * Apr. 7 is World Health Day
- * Apr. 15 is Purple Up! for Military Kids Day
- * Apr. 22 is Earth Day

ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

May

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		

- * May 7 is World Asthma Day
- * May 12 is Mother's Day
- * May 19 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 2 is Global Day of Parents
- * June 5 is World Environment Day
- * June 9 is International Children's Day
- * June 16 is Father's 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	30	31			

- * July 4 is Independence Day
- * July 28 is World Hepatitis Day
- * July 30 is International Day of Friendship

August

NATIONAL BREASTFEEDING 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						

- * Aug. 11 is Ntl Sons & Daughters Day
- * Aug. 12 is International Youth Day
- * Aug. 15 is National Relaxation Day

NATIONAL RECOVERY MONTH

September

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					

- * Sep. 8 is National Grandparents Day
- * Sep. 12 is National Day of Encouragement
- * Sep. 13 is Stand Up to Cancer Day

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. 7 is National Child Health Day
- * Oct. 10 is World Mental Health Day
- * Oct. 20-26 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	30

- * Nov. 14 is World Diabetes Day
- * Nov. 21 is National Rural Health Day
- * Nov. 21 is the Great American Smokeout

December

HIV/AIDS 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	30	31				

- * Dec. 1 is World AIDS Day
- * Dec. 3 is Persons with Disabilities Day
- * Dec. 31 is Make Up Your Mind 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/app
COMING SOON!



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.

NEW
KICK / T
Quit Smoking & Vaping App



REV.11-2023

Kick It California ■ 9500 Gilman Drive #0905, La Jolla, CA 92093-0905
English: 1-800-300-8086 ■ Spanish: 1-800-600-8191 ■ KickItCa.org
Asian Smokers' Quitline ■ asiansmokersquitline.org

Some clients may qualify for a FREE, two-week kit of nicotine patches sent to their home (with MD approval)