

SMOKE & TOBACCO FREE AT LBCC



So Breathe Easy!

Long Beach City College is smoke and tobacco-free.

All uses of tobacco are prohibited on all properties controlled by the District. This includes LBCC parking lots, and private vehicles parked in LBCC parking lots.

LBCC is here to assist with methods to help you stop smoking.

LBCC RESOURCES

Upcoming Healthy Viking Initiative
Smoking Cessation Workshops:

Set a Date! A Plan Increases Success

March 19 • 11 a.m. – 12 p.m.
GG238, PCC

Set a Date! A Plan Increases Success

March 20 • 12:30 p.m. – 1:30 p.m.
A1006, LAC

The LBCC Veterans Services partnering with the Veterans Administration for activities such as:

- Tobacco Cessation Groups
- Yoga
- Hypnosis
- Color Therapy
- Healing Touch Group

THE CALIFORNIA SMOKERS' COUNSELING HELPLINE: 1-800-NOBUTTS

TEXTING PROGRAMS: Text START to 47848

MOBILE APPS:

No Butts, QuitGuide, quitStart, and This is Quitting, designed for college students. Check out the App Store or www.thisisquitting.com



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Long Beach City College
Office of Student Affairs

If you require accommodations, please contact DSPS at least 72 hours prior to the event at (562) 938-4558 or (562) 938-4833 (TTY) or dsp-staff@lbcc.edu. If you require sign language interpreting services, please contact Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918 at least seven days prior to the event.