

TOBACCO CESSATION PROGRAM

AT THE HEALTH AND WELLNESS CENTER



CLASS SERIES – MONTHLY INTERNET TOBACCO CESSATION PROGRAM AVAILABLE



CALL 777-1215 TO SIGN UP

Quitting tobacco is the best gift you can give to yourself and to those who love you. The tobacco cessation class series uses the American Cancer Society's "FRESHSTART" program. This is a 4 part series meeting 1 hour weekly for 1 month. Up to 12 weeks of free tobacco cessation medication is available to Team Hill DOD federal employees.

Note: Team Hill federal employees can utilize LX leave to attend Health and Wellness Programs upon supervisor's approval