

# TOBACCO CESSATION



**HELD TUESDAYS 11:30 –12:45**

**Bldg 1050 (old hospital), 4th Floor, Rm A4-7**

**The 11th Medical Group team can help with a quitting option that meets your lifestyle and the Air Force's goal of a tobacco-free force!**

## **NEW 4-CLASS SERIES STARTS:**

**Week 1 Class – 06/5/2018**

**Week 2 Class – 06/12/2018**

**Week 3 Class – 06/19/2018**

**Week 4 Class – 06/26/2018**

**Next series – July 10, 17, 24, 31**

**Register by calling:**

**Clinical Health Psychology: 240-857-8942 or**

**Health Promotion Office: 240-612-1745**

TRICARE beneficiaries can also call the Freedom Quitline Program (1-844-I-AM-FREE), a telephone quit line that provides free nicotine replacement therapy over the phone or the TRICARE web site at <https://tricare.mil/ucanquit2>

**Joint Base Andrews**