

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 – 05/1/2018

Week 2 Class – 05/8/2018

Week 3 Class – 05/15/2018

Week 4 Class – 05/22/2018

Next series – June 5, 12, 19, 26

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