



ARE YOU READY TO QUIT TOBACCO? DO YOU KNOW SOMEONE WHO IS?

Smoking is the most preventable cause of premature death in our society! Smoking-related diseases claim an estimated 430,700 American lives each year. Smoking costs the United States approximately \$97.2 billion each year in health-care costs and lost productivity. It is directly responsible for 87 percent of lung cancer cases and causes most cases of emphysema and chronic bronchitis.

The HAWC offers Tobacco Cessation Programs to help you beat this habit.

Classes are open to active duty and their dependents, military retirees and their dependents, reservists, foreign active duty military and their dependents, and civilian employees.

TOBACCO CESSATION PROGRAM

The 4-week class meets 1 hour each week. Tuesday's classes are offered from 1630-1730 and Thursday's classes are offered from 1130-1230. Follow up support is offered on Wednesdays starting at 1400. Individuals who want to quit tobacco use can call the HAWC at 327-8480 to sign up.

Once in the program, a facilitator will talk with you and help you start and maintain a quit plan that's right for you.

The HAWC offers Zyban and Nicotine Replacement Therapy (patches) to Tricare beneficiaries.

Civilian employees are eligible for Nicotine Replacement therapy.

Join the thousands of people each year that decide to live a TOBACCO FREE life!

Call the HAWC at 327-84840 for more information and a schedule of classes.