

KICK THAT HABIT!!

Fox Army Health Center's (FAHC) Tobacco Cessation Program

Incorporates motivation, behavior modification, strategies for coping with cravings, peer support, and medication safety education into each session

- FREE to ALL TRICARE beneficiaries and DOD civilians
- FREE Tobacco cessation medication, if indicated
- A pre-program physical examination
- Five classes held every Tuesday from 1130-1230
- Blood pressure evaluations at each session
- Interval telephone follow-up for the first year

Upcoming Class Start Dates

12 January 2016

23 February 2016



To sign up, please contact the Fox Army Health Center
Wellness Clinic at (256) 955-8888 ext. 1440