

OPERATION TOBACCO FREE MARINE

TOBACCO CESSATION PROGRAM



**DO MORE
WITH LESS (TOBACCO)**

TOBACCO CESSATION COUNSELING IS ONE OF THE MOST EFFECTIVE TOOLS TO HELP YOU QUIT TOBACCO.
WHEN YOU'RE READY, WE'RE HERE TO HELP.
CONTACT THE SEMPER FIT HEALTH PROMOTION OFFICE
TO QUIT TOBACCO FOR GOOD.

**CLASSES OFFERED AS A SERIES, THREE SESSIONS OF ONE HOUR EACH AT 11AM.
PLEASE SEE BELOW FOR FIRST QUARTER DATES:**

**MAY
16, 23, 30**

**JUNE
1, 8, 15**

**JULY
17, 24, 31**

**AUGUST
17, 24, 31**

**CLASSES WILL BE HELD AT PAIGE FIELDHOUSE CLASSROOM 1 | NO REGISTRATION REQUIRED.
FOR MORE INFORMATION:**

PLEASE CALL 760-763-3793, OR EMAIL: HEATHER.D.WILLIAMS@USMC-MCCS.ORG