

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 scheduled for April 24, 26, May 1, 3, 8 & 10
Thomason Gym from 11:30 a.m.—12:30 p.m.
Deadline to register is April 20
Call 229-639-6234 to register, or for more information.



 www.usmc-mccs.org

