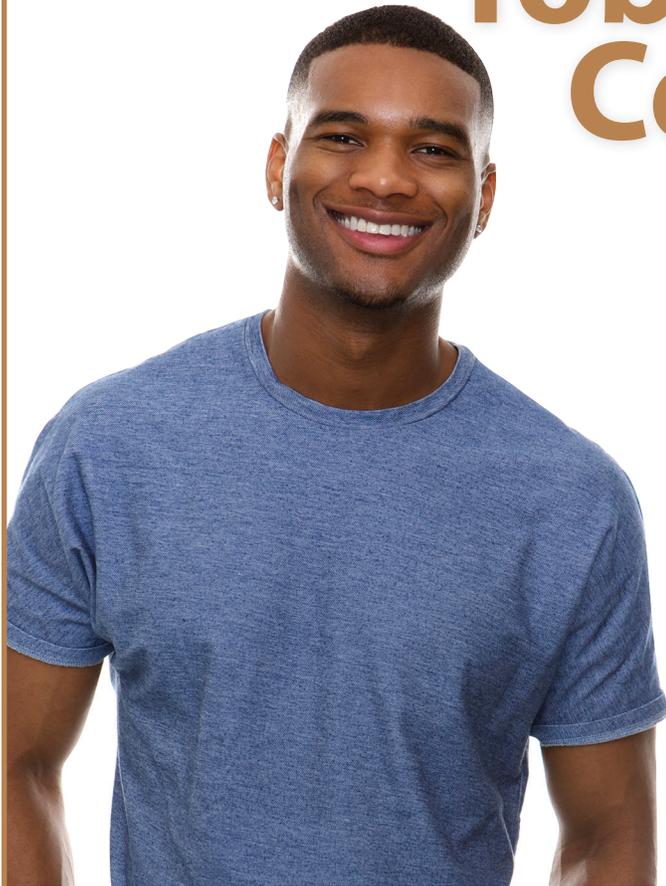


Tobacco Cessation Program



Who:

FBCH beneficiaries, federal employees and contractors

Where:

Cardiology Clinic, Eagle Pavilion
Floor 2, Reception 3

When:

Tuesdays, beginning Aug. 4
from 11 a.m. to 1 p.m.

Enroll at the Cardiology Clinic, by calling 571.231.QUIT or email dha.belvoir.fort-belvoir.mbx.fbch-quit-tobacco-now@mail.mil

We are here to help Fort Belvoir Community beneficiaries, federal employees and contractors.

Quitting tobacco is one of the most important things you can do to improve your health and protect the health of your family.

Combining stop-smoking aids with expert counseling increases your chances for success. This is where we come in!

No matter where you are in your journey, we will support you. We've pulled together resources to help, whether you are simply researching, ready to go or trying again to quit.

It is important to know that we are here to help support you in your decision in becoming smoke or tobacco free. Appointments will be held in the Cardiology Clinic to see a provider and your initial appointment will follow the first class.