

Quitting now greatly reduces serious health risks.

# Tobacco Cessation— Quit to Win!

Are you ready to quit smoking but not sure if you can do it alone? The American Cancer Society Fresh Start Program is held in four one hour sessions each month at Capodichino and in one-on-one sessions at your convenience at the Naval Hospital. These group and individual sessions are a setting where you will learn the harmful effects of smoking, get nutritional and stress management tips, and learn the different nicotine replacement therapies that are available to you. You will receive tips to learn how to stop smoking, and how to end your physical and psychological need to smoke.

**New sessions are held each month at Capodichino and individual sessions at your convenience at the Support Site. Please contact us for the next sessions start date, time and location**

**Phone: COM 081-811-6311/6313/6445**

**DSN: 629-6311/6313/6445**

**E-mail:  
napleshealthpromotions@med.navy.mil**

**Health Promotions**



PLEASE  
PLACE  
STAMP  
HERE

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Weekly classes.  
One-on-one support.  
Online tools.  
National helpline.

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

**Quit to Win!**