



Tobacco Cessation Program

The Wellness Clinic offers a monthly tobacco cessation class that will provide you with the skills, knowledge and strategies to assist you in reaching your goal of becoming tobacco free.

(361) 961-3914

Other Resources available

TRICARE'S

Toll-free Tobacco Cessation Available 24/7.

South (877) 414-9949

DOD Quit Tobacco:

www.ucanquit2.org

Texas State Quit Line:

(877) 937-7848

American Lung Association:

www.lungusa.org

CDC Office on Smoking and Tobacco Use:

www.cdc.gov/tobacco