



HEALTH PROMOTION
TOBACCO CESSATION / QUIT TOBACCO
JANUARY 2015 CLASSES

Four 1-hour group classes or 1:1 appointment

MAKALAPA BRANCH CLINIC
Wednesdays beginning 7 January, 1000-1100

KANEOHE BAY BRANCH CLINIC
Tuesdays beginning 6 January, 1000-1100

To register call 473-2444, ext. 94507

- ◆ NRT Patch, NRT gum, Bupropion are available through the program
- *Varenicline is PCM prescribed
- ◆ Open to all military beneficiaries
- ◆ DoD Civilians can attend
- *Additional medications are only available for eligible military beneficiaries

Hawaii Tobacco Quitline: 1- 800- QUIT- NOW



Enjoy the benefits of Tobacco-Free Living:

- ◆ Breathe better
- ◆ Smile better
- ◆ Smell better
- ◆ Eat better
- ◆ Feel better
- ◆ Save money
- ◆ Reduce environmental risks