



NO DIPS. NO BUTTS. MORE GLORY.



Tobacco Free Living

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly and has a serious impact upon readiness. Sailors and Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations than nonsmokers. Equally as bad are the effects of secondhand smoke on your shipmates. To help you win the battle, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

