

May 31 is World No Tobacco Day. World-wide, nearly 6 million people die of tobacco use or second-hand smoke every year, and about half of all tobacco users will die of a tobacco-related disease (WHO, 2014).

If you've been thinking about quitting, or maybe you've been putting it off for a while, now is a great time to reconsider the resources available to help you quit smoking, dipping or vaping. The Fort Sill Tobacco Cessation Program offers classes and prescription medications and is open to all TRICARE beneficiaries with limited services available for DA Civilians.

According to the CDC using medication and classes or counseling together is even more effective in helping tobacco users quit than using just medication or counseling alone. So no matter your reason for wanting to quit: health, family, financial, or just plain freedom; call the Fort Sill Tobacco Cessation Program today to get started toward a tobacco-free you.

# Fort Sill Tobacco Cessation Program



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