

Tobacco Cessation Initiative

The following initiatives are offered with the goal of reducing the prevalence of tobacco use at SJAFB:

American Lung Association Help Line

Want to quit tobacco and can not find the time to attend a Tobacco Cessation class? You can call the ALA Help Line at 1-877-695-7848 between 0800 and 2200 on Mondays-Fridays EST. This process allows you the option to speak with an ALA trained tobacco cessation facilitator about the benefits of quitting, preventing relapse, and other cessation topics. Medications are available through your PCM.



Freedom from Smoking Online Course:

This interactive course emphasizes developing positive behavior change, building a support network, focusing on effective relaxation and weight loss strategies after quitting tobacco. Additional information can be found by visiting www.ffsonline.org.

Quit Tobacco, Make Everyone Proud is an educational campaign sponsored by DoD. The mission is to help uniformed service personnel quit tobacco for themselves and for the people they love. The official web site is www.ucanquit2.org.