



### **Tobacco Cessation Program**

The Wellness Clinic offers a monthly tobacco cessation class that provides the patient with the skills, knowledge and strategies to assist them in reaching their goal of becoming tobacco free.

**(361) 961-3914**

Other Resources available

**DOD Quit Tobacco:**

[www.ucanquit2.org](http://www.ucanquit2.org)

**Texas State Quit Line:**

(877) 937-7848

**American Lung Association:**

[www.lungusa.org](http://www.lungusa.org)

**CDC Office on Smoking and Tobacco Use:**

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)