

TOBACCO CESSATION



QUIT IT!



We use the most up-to-date education and clinical guidelines to provide the highest quality of support, to give you the tools to become tobacco-free.

(20-30 minutes)

**FOR PRESENTATION INFORMATION
CONTACT: 376-3939 or AHEW@rl.gov**

Other useful links:

<http://www.mayoclinic.org/stop-smoking/>

<http://www.surgeongeneral.gov/tobacco/>



Hanford Occupational Health Services