



**William Beaumont Army Medical Center
Army Public Health Nursing
Health Promotion and the Wellness Center
Wellness Fusion Campus
Bldg 2402 Cassidy Road - Fort Bliss
(915)742-1869/6495/2759
SFCC Bldg. 11335 SSG Sims
(915) 742-1343**



Tobacco Cessation

For initial screening and registration, come by to sign up for this class. Class begins every Wednesday at the beginning of the month for four consecutive Wednesdays (1300-1430) at Hope Chapel via playground entrance. Register the week prior to the month of your first class.

Self-Care (online course)

www.WBAMC.AMEDD.ARMY.MIL

View the Self-Care Class in its entirety and take the quiz. Print out certificate of completion and bring it to any Wellness location (see above) to receive your Self-Care card or go to WBAMC on third floor outpatient pharmacy to get a self card. Also the following locations you can receive your Self Care Card and the over the counter medications pharmacy:

WBAMC (William Beaumont Army Medical Center)

Phone number 915-569-2674 or 569-2625

SFMC (Soldier Family Medical Center) Bldg 2496

Phone number 742-0527

SFCC (Soldier Family Care Clinic) Bldg 11135 Phone

Number 742-1400

PX refill pharmacy at Freedom Crossing

Bldg. 1611 Phone number 742-9017

McAfee Health Care Center-White Sand Missile

Range Bldg. 530 phone number (575) 678-5137

McGregor Clinic, McGregor Missile Range

Bldg. 9503 phone number 569-9860 or Clinic number 569-9395.

Pregnancy Fitness Program

The education class is once a week at Stayton Theater Bldg. 2495 on Fort Bliss. Profile is necessary to attend the program. POC-(915) 569-7760

Defensive Driving Course

This four-hour class is offered on even months. Located at William Beaumont Army Medical Center Spaces are limited so call to register prior to month it is being offered. Ages 15 and up can register. Cost is \$14. Can get up to 15% off car insurance.
POC – (915)751-2045

WBAMC Important Numbers (915) area

William Beaumont AMC 742-2121

Soldier Family Medical Center (FTB) 742-1099

Soldier Family Care Center (Biggs) 742-1186

Tel-A-Nurse 569-4444

Tricare Appointments/Central Appt. 569-2273

Pharmacy (Info Line) 569-2793

Ambulance 569-2311

Community Behavioral Health 742-4781

Health Promotion and Wellness Center

**(Health information only) 742-2759, 742-1869,
742-6495**

Public Health Nursing 742-1343

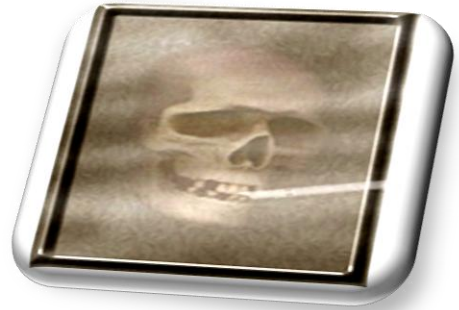
Epidemiology 742-1350



TOBACCO CESSATION CLASS

Do you want to stop smoking, stop using chew or dip? If so, we are looking for you to join our Tobacco Cessation Class.

If you are interested in attending the classes, call or visit the Wellness Center Bldg 2402 on FT Bliss (915) 742-1869, 742-6495 and 742-2759 to set up an initial screening and register



for the next class.

Classes begin the first Wednesday of every month for 4 consecutive Wednesdays. Classes are held from 1300-1430 at Hope Chapel (playground entrance).

Registration is the week prior to the month you want to attend.

Please see your Primary Care Provider if you want to receive a prescriptions for the Nicotine Patch, Zyban or Chantix.

Medications are not given out at the class or through Wellness Centers.

