



## Army Wellness Center

Located at the  
Comprehensive Soldier Fitness Training Center  
Caring for the Community  
(formerly: Resiliency Campus)



Building 12019 Old Ironsides @ 31st Street

Carl R. Darnall Army Medical Center  
Public Affairs & Marketing Office  
[www.crdamc.amedd.army.mil](http://www.crdamc.amedd.army.mil)

FH MDA HO 524  
Revised 01 July 2011



**ARMY MEDICINE**  
Bringing Value...Inspiring Trust



**Time to be  
Tobacco FREE**

**DARNALL**  
ARMY MEDICAL CENTER



# Freedom from Tobacco Cessation Program

## Tobacco Cessation at The Army Wellness Center

Whether you smoke or dip, we can help you take the steps you need to become tobacco free!

Quitting tobacco use can be hard, but there are ways to make it easier. The Health Promotion Program's dedicated staff are here to support you!

By joining our "Freedom from Tobacco Program" you indicate to us your willingness to quit.

The program offers the tools you need to stay tobacco free. It is a known fact that counseling and medication together provide twice as much help, and you are more likely to quit for good.

Participants must attend four Tobacco Cessation Support Groups and remain at Fort Hood for at least 12 weeks during the program.

Most smokers know that they are addicted, but they might not realize that there are several aspects to their addiction (American Lung Association, 2007).

Tobacco-related diseases kill more than 448,000 American annually. (American Lung Association, 2007)

## Long term Benefits:

- Improves breathing
- More personal energy
- Better skin tone
- Monetary savings
- Reduction on risks of tobacco-related diseases such as lung cancer, emphysema, chronic pulmonary and heart disease and others.

**Call 288-8888 to enroll in the  
Freedom from Tobacco Program.**

The Army Wellness Center - Comprehensive Soldier Fitness Training Facility (formerly Resiliency Campus) is located at: Building 12019 between 33rd & 31st Street on Old Ironsides.

**Eligibility:** Active Duty, Dependents & Retirees