

Let's Quit Tobacco!

Classes begin Sept. 14 on board NAS Meridian

Freedom From Tobacco classes are offered, free of charge, at Naval Branch Health Clinic Meridian to anyone who smokes or uses tobacco in any form. Various smoking cessation tools and medications are provided at no charge.

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Orientation for the next class will be Sept. 14, at 3:30 p.m. at the clinic on board NAS Meridian. Classes will be held weekly at 4 p.m. for the following six weeks, with follow up aftercare.



Classes are conducted by Sharon Davis of Riley Hospital and limited to 20 individuals. Anyone interested can register by calling Davis at (601) 484-3374.

Again, the only criteria for participation is that one be a tobacco user and want to quit.