

Live Tobacco Free

Ready to Quit Information Session

This class is the first step in Tobacco Free Living on Fort Bragg.

It will offer information about the program and provide an overview of medication options available to aid participants in their quit attempt. All classes are walk-in; no appointment necessary. Classes are open to all military beneficiaries and DAC employees, regardless of their assigned clinic. Some clinics offer 1:1 sessions if staffing permits. After attending this session, participants will be directed to their primary care provider to obtain prescriptions for quit aids. RN instructors may provide recommendations for nicotine patches and nicotine gum for same day pick up at a WAMC pharmacy.

CLINIC	DATE	TIME	PHONE
Clark	1st Tuesday Each Month	11:30	(910) 907-9682
Joel	1st Tuesday Each Month	13:00	(910) 907-5635
Linden Oaks	1st Thursday Each Month	10:00	(910) 908-7308
Robinson	1st Thursday Each Month	13:00	(910) 907-8282
WAMC Family Medicine	2nd Monday Each Month	14:00	(910) 907-7388
Byars	2nd Wednesday Each Month	09:00	(910) 570-3108
Fayetteville Medical Home	Last Monday Each Month	14:30	(910) 908-2305
Public Health Nursing Preventive Medicine (Bldg 1-2539 Randolph St)	Every Thursday	11:30	(910) 907-9355

Tobacco Use Cessation Program

Participants attend this 4-week class after completing Ready To Quit. This class will provide continued education, counseling, and support to help participants be successful in their quit attempt. Participants should attend 4 weeks of class to receive refills on Chantix, should they decide to use this medication as their quit aid. All classes are walk-in; no appointment necessary. Classes are open to all patients, regardless of their assigned clinic.

CLINIC	DATE	TIME	PHONE
Clark	2nd, 3rd, 4th (5th if present) Tuesday Each Month	11:30	(910) 907-9682
Joel	2nd, 3rd, 4th (5th if present) Tuesday Each Month	13:00	(910) 907-5635
Linden Oaks	2nd, 3rd, 4th Thursday Each Month	10:00	(910) 908-7308
Robinson	2nd, 3rd, 4th Thursday Each Month	13:00	(910) 907-8282
WAMC Family Medicine	By Appointment Only	By Appt	(910) 907-7388
Byars	3rd, 4th, 1st Wednesday Each Month	09:00	(910) 570-3108
Fayetteville Medical Home	1st, 2nd, 3rd, 4th Friday Each Month	13:00	(910) 908-2305
Public Health Nursing Preventive Medicine (Bldg 1-2539 Randolph St)	Every Thursday	15:00	(910) 907-9355
Cumberland County Department of Public Health	Tuesdays 1235 Ramsey Street. POC Marisa Ramos-Mason	18:00	(910) 433-3892

Army Public Health Nurses are also available to provide classes, man information tables, give tobacco hazard briefs etc. at your Fort Bragg location upon request.

For Additional information regarding tobacco free living on Fort Bragg you may call Army Public Health Nursing at 910-907-WELL (9355) or refer to the Tobacco Free Living website

<http://www.wamc.amedd.army.mil/HealthcareServices/SitePages/Tobacco%20Free%20Living.aspx>