

# Free Quit Tobacco Classes

Starting August 3, 2017

At Calvert County Health Department  
Thursday evening: 6 P.M. to 7P.M

Call to Register 410.535.5400 ext.359



- Classes held One Hour a Week for Eight Weeks
- Free Medication Aids and Group Support
- Learn healthful Ways to Handle Stress
- For More Information please visit: [www.CalvertHealth.org](http://www.CalvertHealth.org)

