

FREE Quit Tobacco Classes

Starting October 19

Through December 14, 2017

**Calvert County Health Department:
(Thursdays 6 pm to 7pm)**

**Register by phone 410.535.5400 x359
Or Use QR Code to access website to
register online**



CALVERT COUNTY
HEALTH
DEPARTMENT

- **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**
- **Paid for by the MD Cigarette Restitution Fund Program**



Maryland's

1-800



QUIT NOW

1-800-784-8669

SmokingStopsHere.com