

Calvert County Health Department Presents

**2024  
FREE QUIT  
TOBACCO  
CLASSES!**



**CIGARETTES - CIGARS - CHEW - VAPES**



Virtual only (10am-11am)

**January 13 - March 2**

Online or In-Person  
Classes (6pm-7pm)

**January 11 - February 29**

**March 21 - May 9**

**May 23 - July 18**

Registration Required. [CalvertHealth.org](http://CalvertHealth.org), call 410-535-5400, ext. 359 or email [jane.dodds@maryland.gov](mailto:jane.dodds@maryland.gov)



Paid by MD Cigarette Restitution Fund