

**YOU KNOW IT'S TIME,
YOU KNOW IT'S PAST TIME...**



IT'S YOUR TIME TO QUIT!

FREE SMOKING CESSATION PRODUCTS AVAILABLE

CLASSES NOW FORMING!

***CALVERT COUNTY HEALTH DEPARTMENT'S
SMOKING CESSATION PROGRAM***

**FREE Eight Week Program
Choose one of the Following :**

**Mondays March 15—May 3, 2010
6PM-8PM**

**Southern Community Center
Lusby**

Or

**Tuesdays March 16—May 4, 2010
12Noon-2PM**

**Calvert Library
Prince Frederick**

Call Patrick O'Malley at 410-535-5400 or 301-855-1353 ext. 359

To Begin Your Life Without Tobacco!

Funded by Calvert County Health Department's Cigarette Restitution Fund