

**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:**

Thursdays August 5—September 23, 2010

12 Noon-2 PM

Calvert Library

Prince Frederick

Or

Thursdays August 5—September 23, 2010

6 PM-8 PM

Northeast Community Center

Chesapeake Beach

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