

Cigarettes - Cigars - Chew - Vapes

**FREE Quit Tobacco Classes
Held at Calvert County
Health Department
Starting July 26, 2018**

6PM to 7PM for eight weeks

**Register by calling
410-535- 5400 ext. 359
Or visit the website:
CalvertHealth.org**



Classes provide support in the quitting process

- Free Medications to help you quit
- Learn Healthful Ways to Handle Stress
- Identify your smoking habits
- Benefits: Breathe easier and save \$\$\$



CALVERT COUNTY
HEALTH
DEPARTMENT

Paid for by the MD Cigarette Restitution Fund