

**FREE Quit Tobacco Classes**  
**Thursday March 22, 2018 or**  
**Saturday March 24, 2018**  
**Calvert County Health Department**  
**Main Office: Thursdays 6 to 7pm**  
**Chesapeake Beach Saturdays 10 - 11am**  
**(below the library)**



**Call to Register**  
**410.535.5400 x359**



- Classes held **One Hour a Week for Eight Weeks**
- **Free Medication Aids and Group Support**
- For More Information please  
visit: [www.CalvertHealth.org](http://www.CalvertHealth.org)
- Paid for by the MD Cigarette Restitution Fund Program

