



**FREE Quit Tobacco Classes**

Starting **October 11** through December 6, 2018

One Hour a Week for Eight Weeks

**Classes Begin at 6:00PM and End at 7:00PM**

Held at **Calvert County Health Department**

To **Register** Call 410—535-5400 extension 359

or Visit [www.CalvertHealth.org](http://www.CalvertHealth.org)

Paid for by the Cigarette Restitution Fund of Maryland