



2023 FREE QUIT Tobacco Classes

Classes meet at 6pm. One hour a week x eight weeks. Held at Calvert County Health Department.
Virtual option Available!

Cigarette- Cigar- Chew-Vapes

January 12—March 2

March 16—May 4

May 25—July 6

August 10—September 28

October 19—December 14



To Register, please call: 410-535-5400, ext. 359 or
Jane.dodds@maryland.gov or visit CalvertHealth.org



Text READY to 200-400 or Call 1-800-QUIT-NOW For 24/7 support
and medication assistance from the Maryland Quitline!

Paid for by Cigarette Restitution Funds