

Cigarettes - Cigars - Chew - Vapes

FREE Quit Tobacco Classes At Calvert County Health Dept. Starting in January 2018

Make This Your New Year's Resolution!

Register at 410-535-5400 ext. 359
Or online at CalvertHealth.org

****January 11, 2018
@ 6:00pm to 7:00pm**

****January 13, 2018
@ 9:30am—10:30am**



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 \$\$\$



Paid for by the MD Cigarette Restitution Fund