

Cigarettes – Cigars – Smokeless – Pipes – E-Cigarettes/Vaping

FREE
Quitting
Class

**GIVE!
IT UP!**
Stop smoking for life.

We Are Here,
when you are
ready to Quit!

Whatever way you get your nicotine

FREE Quit Tobacco/Smoking Program

We Can Help with:

- Making a Quit Plan
- Free Quitting Aids
- Weekly Support
- Stress Management
- Tobacco Education
and more!



4545 Crain Hwy
White Plains MD 20695
(off Theodore Green Blvd)
www.charlescountyhealth.org

Tuesday Evening
8-Week Sessions start:

January

March

May

August

October

Benefits of Quitting Tobacco & Nicotine:

- Breathe easier
- Reduce chance of heart attack by 75%
- Save \$3,000 a year
- No more nagging addiction
- Lower Life Insurance Premiums

Call to Pre-Register for Class: (301) 609-6932

A project of the Cigarette Restitution Fund Program of Maryland Dept of Health & Mental Hygiene (DHMH)

