



ST. MARY'S COUNTY  
HEALTH DEPARTMENT



# FREE QUIT SMOKING CLASSES

The St. Mary's County Health Department offers free Tobacco Cessation Classes to help our residents quit tobacco use.

Classes provide group support and understanding, and are important in the quitting process.

- ✓ **GAIN** knowledge about your smoking habit
- ✓ **LEARN** behavioral modifications, stress management and other techniques to quit smoking
- ✓ **RECEIVE** free medications to help you quit including:
  - Patches      • Lozenges
  - Gum          • Prescriptions (as needed)

Classes meet  
**1 hour / week for 8 weeks**  
**CALL (301) 475-4330**  
to enroll today



Can't attend an in-person class?  
Call the Maryland Quit line for  
phone-based coaching anytime:

**1-800-QUIT-NOW**

\*Dates subject to change due to participation. Grant funded by the Maryland Cigarette Restitution Fund

DATE	DAY OF WEEK	TIME	LOCATION
10 OCT - 28 NOV, 2017	Tuesday	6:00-7:00 P.M.	St. Mary's Co. Health Dept.
10 OCT - 28 NOV, 2017	Tuesday	6:30-7:30 P.M.	Loffler Senior Center, Activity Room #1
9 JAN - 27 FEB, 2018	Tuesday	6:00-7:00 P.M.	Loffler Senior Center, Activity Room #1
16 JAN - 6 March, 2018	Tuesdays	6:00- 7:00 P.M.	St. Mary's Co. Health Dept.
20 March - 8 May, 2018	Tuesdays	6:00-7:00 P.M.	St. Mary's Co. Health Dept.
20 March - 8 May, 2018	Tuesdays	6:00-7:00 P.M.	Loffler Senior Center Activity Room #1

Pregnant Women: one on one counseling offered