

**Cigarettes - Cigars - Chew - Vapes**

**FREE Quit Tobacco Classes**

**Held at Calvert County**

**Health Department**

**Starting July 26, 2018**

**6PM to 7PM for eight weeks**

**Register by calling  
410-535- 5400 ext. 359  
Or visit the website:  
CalvertHealth.org**



**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 \$\$\$



**CALVERT COUNTY  
HEALTH  
DEPARTMENT**

Paid for by the MD Cigarette Restitution Fund