



2024 FREE QUIT Tobacco Classes

Classes meet at 6pm. 10am Saturdays.
1 hour a week x eight weeks.

Held at the Health Department.

Virtual option Available!

Cigarette- Cigar- Chew-Vapes

January 12 — February 29

January 13 — March 2

March 21 — May 9



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