



**FREE
QUIT
TOBACCO
CLASSES**

Cigarettes-Cigars-Chew-Vapes

September 9 - October 28, 2021
(6:00pm - 7:00pm)

**One Hour a Week for Eight Weeks at
Calvert County Health Department**

**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**