

Special Saturday class!

“Smoke Free For Life”

Smoking Cessation Program



Don't let the
ghosts of
failed attempts
stop you!

Class starts:
October 20th

Sign up today!

Call St. Mary's County
Health Department
to register.

301-475-4356

The October program
runs for 4 weeks.
Classes will be held
Saturdays from
10 a.m. - noon
at St. Mary's County
Health Department.

Program is *FREE* and includes information on the benefits of
quitting, how to quit, stress management, and secondhand smoke.

Program participants are eligible to
receive vouchers for *FREE* Nicoderm patches.

You must be a resident of St. Mary's County and at least 18 years old to attend.



St. Mary's County
Health Department