

Tobacco Cessation Classes



Smoking Causes Lung Cancer!

The **St. Mary's County Health Department** has scheduled **Tobacco Cessation Classes** to help our residents quit tobacco use. **FREE** quit smoking classes are offered one hour per week for eight weeks, along with **FREE** medication to help you quit. Classes provide group support and understanding, and are important in the quitting process. You will gain knowledge about your smoking habit, along with behavioral modifications, stress management and quit smoking techniques.

Call **301-475-4330** or **301-475-4074** today to enroll in a class
or
call **1-800-QUIT-NOW** for help with quitting.

Date	Day of Week	Time	Location
May 9 - June 27, 2017	Tuesday	6:00 – 7:00 p.m.	St. Mary's Co. Health Dept.
May 9 - June 27, 2017	Tuesday	6:30 – 7:30 p.m.	Loffler Senior Center, Activity Room #1
Aug. 8 – Sept. 26, 2017	Tuesday	6:00 – 7:00 p.m.	St. Mary's Co. Health Dept.
Aug. 8 – Sept. 26, 2017	Tuesday	6:30 – 7:30 p.m.	Loffler Senior Center, Activity Room #1
Oct. 10 – Nov 28, 2017	Tuesday	6:00 – 7:00 p.m.	St. Mary's Co. Health Dept.
Oct. 10 – Nov 28, 2017	Tuesday	6:30 – 7:30 p.m.	Loffler Senior Center, Activity Room #1