

ENROLLING NOW



NICOTINE CESSATION CLASS

Enroll in a **FREE** 7-week,
virtual cessation class!

TOPICS COVERED INCLUDE:

Effects of smoking on the body

Managing cravings

Stress management

LEARN MORE

 **301-475-4330**

 **smchd.org/tobacco**

 **ST. MARY'S COUNTY
HEALTH DEPARTMENT**
Heart. Science. Service.

READY TO QUIT NOW?

**THE MARYLAND TOBACCO
QUITLINE IS FREE AND AVAILABLE
24/7/365**

**CALL
1-800-QUITNOW
(784-8669)**

**TEXT
"READY" to 200-400**