

*Give a gift to yourself and your family.....*



## *Quit Smoking Today!!!*

The Howard County Health Department offers  
**FREE** smoking cessation classes.

- **8 week program**
- **1 session per week**
- **Each session lasts 60 minutes**
- **Free medication support**  
(must be 18 or older to receive medication)
- **Open to anyone who lives or works in Howard County**

<b>CLASS SCHEDULE</b>	<b>Class</b>
<b>Date &amp; Time</b>	Wednesday, 6-7 pm January 20th thru March 10th
<b>Location</b>	Howard Co Health Department 7178 Columbia Gateway Drive Columbia, MD 21046

### **Sign Up Today!**

- Call **410-313-6265** to register
- Space is limited; reserve your spot now

*Funded by the Maryland Cigarette Restitution Fund Program*

