

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



Quit Smoking Today!!!

The Howard County Health Department offers
FREE smoking cessation classes.

- 7 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

CLASS SCHEDULE	Class 1	Class 2
Date & Time	Wednesdays, 6-7pm Sept. 23rd thru Nov. 4th	Thursdays, Noon– 1:00 pm Sept. 24th thru Nov. 5th
Location	Howard County Health Dept 7178 Columbia Gateway Dr Columbia, MD 21046	Manheim Baltimore-Washington 7120 Dorsey Run Road Elkridge, MD 21075

Individual counseling also available. Sign Up Today!

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

This program is funded by the Cigarette Restitution Fund.

