



QUIT SMOKING & VAPING CLASSES

LIVE TOBACCO & VAPE FREE

LEARN TO:

- Set Goals
- Create a Quit Plan
- Manage Stress

RECEIVE:

- 1-on-1 Support
- Group Support
- Weekly Prizes
- Quit Resources



SNOW HILL HEALTH DEPARTMENT

TUESDAYS
JULY 9 - SEPT 24
5:00 PM - 6:00 PM



ATLANTIC CLUB

WEDNESDAYS
JULY 10 - SEPT 25
1:30 PM - 2:30 PM



POCOMOKE HEALTH DEPARTMENT

THURSDAYS
JUL 11 - SEPT 26
4:30 PM - 5:30 PM

**DISTANCE LEARNING OPTIONS ARE AVAILABLE UPON REQUEST*



TO REGISTER SCAN THE QR CODE OR CALL:



410-632-1100 ext. 1103



www.worcesterhealth.org

