

Stop Smoking for LIFE!

Free 3 Week Smoking Cessation Program

Offered by the Frederick County Health Dept.
350 Montevue Lane, Entrance D, Rm. 2-139

FALL CLASS SCHEDULE

DEC. 1-18, 2008

Class Meets Mon.& Thurs. 6:30 – 8:00 P.M.
FOR THREE WEEKS

Topics covered include:

- Nicotine addiction
- Preparing to quit
- Behavior Modification
- Coping with withdrawal
- Relapse prevention
- FREE NICOTINE PATCHES

AND

A Weekly Support Group, Tuesday 6:30 P.M.

For more information or to register:

CALL 301-600-3289 or Email: jbyrd@fredco-md.net

Quit today and breathe tomorrow!

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