

Stop Smoking For Life

FREE 6 Week Online Smoking Cessation Program

At the Frederick County Health Department, 350 Montevue Lane, Frederick, MD 21702

Mornings Class Tuesdays at 10:30 am

Or

Afternoons Class Thursday at 2:30 pm

Virtual Classes via webcam for your safety as we practice social distancing.

Class topics include:

- Nicotine addiction
- Preparing to quit
- Coping with stress
- Coping with withdrawal
- Preventing relapse

**FREE Nicotine Patches,
Lozenges or Gum**

[Click Here](#) to Register Online or

Call or Text 301-712-7277