

# TOBACCO CESSATION CLASS

## --VIRTUAL--



*Start the New Year off right by becoming tobacco free!*

The Kaufman Cancer Center along with the Harford & Cecil County Health Departments are teaming up to offer *free six-week series* of classes online via Zoom.

This is the time to quit and our tobacco specialist will provide support and education on taking positive steps to better health.

Nicotine patches, lozenges or gum may be available at no cost to those who qualify. Information to obtain these products will be shared at our first class.

**Tuesday Evenings, 3/16/2021 – 4/20/2021 at 6 pm**

Classes are held online via Zoom – we will supply the online meeting ID information when you register for the class.

***Call Healthlink to Pre-Register: 800-515-0044***



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE MEDICAL CENTER

KAUFMAN CANCER CENTER

Cancer LifeNet  
A Lifeline of Support