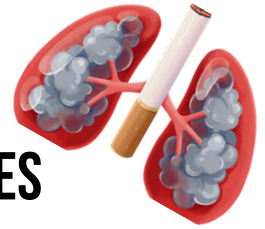


# QUIT NICOTINE SUPPORT



**CIGARETTES - CIGARS - CHEW - VAPES - POUCHES**

## 1. THURSDAY 8 WEEK CLASS 6:00–7:30PM

- September 10, 2026
- January 7, 2027
- March 25, 2027

## 2. SATURDAY 8 WEEK CLASS (virtual only)

- January 9, 2027 11:30am – 12:30pm

## 3. SATURDAY MORNING SUPPORT GROUP

- Virtual only. 10am – 11am
- Runs all year long – join anytime

## 4. Quit Nicotine E-mail Series

- A once a week e-mail for 8 weeks with tools to help you quit nicotine.

**FORHELPQUITTINGCALLORTEXT:**

**Rebecca Sayre @ #410-610-8771**

**orregisterat: [www.calverthealth.org](http://www.calverthealth.org)**



NOTE: These events and activities are not sponsored by the Calvert County Board of Education or Calvert County Public Schools. CCPS provides equal opportunities to outside agencies to distribute materials that offer opportunities to students and/or their parents, but that permission should not be considered a recommendation or endorsement by the school district.