



# SMOKING CESSATION

University of Maryland Upper Chesapeake Health offers free smoking cessation classes for adults who live or work in Harford County.

## Six-week sessions provide:

- ✓ Motivational exercises
- ✓ Social support
- ✓ Personalized plans for success
- ✓ Resources for Nicotine Replacement Therapy

## FOR MORE INFORMATION

or to register for the program, please call Cancer LifeNet at **866-393-4355**.



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH