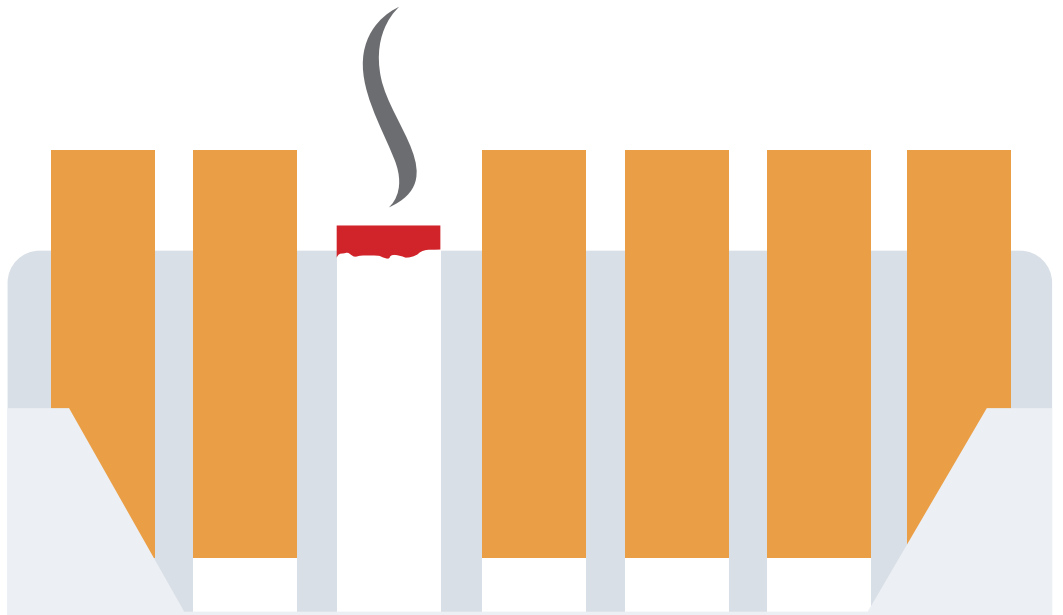


**QUIT TOBACCO.**  
ONCE AND FOR ALL.



## HERE'S THE DEAL:

**Quitting tobacco, e-cigarettes and vaping**—or even just reducing your use—is one of the best things you can do for yourself. It isn't easy, **but you can do it.**

*With support and education, we'll help you take a big step toward better health.*

Class information with online registration is available here.  
**PLEASE CALL 800-515-0044 WITH ANY QUESTIONS.**

Information on how to obtain nicotine replacement products will be shared at our first class.



UNIVERSITY of MARYLAND  
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