

Trying to quit using tobacco or nicotine products?

We can help!

Join our FREE Class:

STRESS MANAGEMENT SKILLS TO HELP QUIT TOBACCO & NICOTINE

*4:30 - 5:30 PM on the 2nd Tuesday of each
month.*

Quitting tobacco and nicotine isn't just about willpower — it demands taking care of your whole self. This class will help you to quit by using proven mind-body stress management skills. We'll try out different methods together, learn from each other, and share how to manage cravings better and cope during tough times. Join us to take care of yourself better while quitting tobacco and nicotine.



Classes taught by Allegany County Health Department's Nutritionist, Theresa Stahl, RDN, LDN, FAND. Theresa is a fellow of the Academy of Nutrition and Dietetics and is certified in mind-body medicine and chair yoga. She is the author of the book, I'm Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate.

***Class is held on the ground floor of the
Allegany County Health Department
12501 Willowbrook Road, Cumberland, MD***

Learn more and register!

Email Theresa.Stahl@maryland.gov or call

301.759.5270



Allegany County
HEALTH DEPARTMENT
"Healthy People, Healthy Communities"