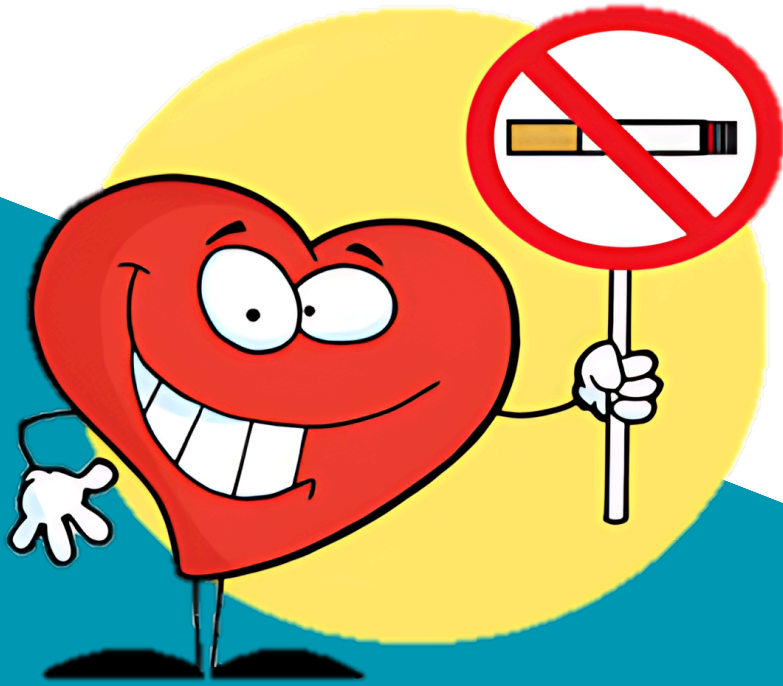




Washington County Health Department

# TOBACCO FREE FOR LIFE PROGRAM (TFFL)



**READY TO QUIT  
SMOKING OR  
VAPING?**

**WE CAN HELP!**

## *Our Services*

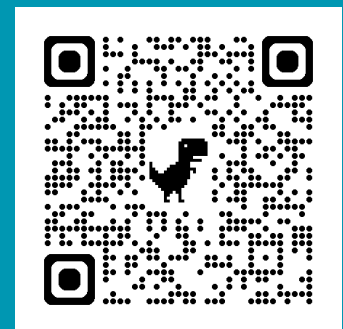
- **FREE Support Classes**
- **FREE NRT With Class Attendance**
- **Stress Management**
- **Coping Strategies**



**240-313-3310**  
**TTY 800-552-7724**  
**washcohealth.org**

## TFFL Participants:

- **Register for Program**
- **Attend 4 Classes**
- **Receive up to 8 Weeks of NRT - while supplies last.**



Scan code to register.