

# Freedom From Smoking Virtual Class with

**Holy Cross Hospital**  
**October 2024 - May 2025**  
**from 5pm to 6pm**



**Facilitated by Debra Wylie, CHW**  
**Community Health Program Coordinator**  
(Certified Community Health Worker)

**Participants will have the chance to talk with Debra about:**

- Thinking about quitting
- The benefits of quitting
- The journey to quitting
- Getting help with quitting
- Smoking and Diabetes type 2



**For more information or to register, call 301-754-8800 or visit**  
**[HolyCrossHealth.org/classes-events](https://HolyCrossHealth.org/classes-events)**



*Moving Life Ahead.*