

# Join Our Smoking Cessation Program!

Dear Students and Parents,

We are excited to announce a new initiative aimed at promoting a healthier lifestyle for our school community. Our Smoking Cessation Program is designed to help students who wish to quit smoking and make positive changes in their lives.

## Program Highlights:

- Free counseling sessions
- Interactive workshops
- Support groups
- Fun activities to stay engaged
- Access to resources and materials

**When:** Every Wednesday, 3 PM - 5 PM

**Where:** Room 101, Main Building

Let's work together to create a smoke-free environment and support each other on the journey to better health. We encourage all students to participate.

For more information, contact the school counselor at [counselor@school.edu](mailto:counselor@school.edu).

Thank you for your support!

Sincerely,

The Health Education Team