

Dear [Participant's Name],

Congratulations on taking the brave step to quit smoking! We commend you for your commitment to a healthier lifestyle.

As part of our Smoking Cessation Program, we are here to support you throughout your journey. Remember, the first weeks can be challenging, and it's perfectly normal to experience cravings and withdrawal symptoms. Here are some resources available to you:

- One-on-one counseling sessions with our trained specialists
- Access to our support group meetings every [insert day and time]
- Online resources and guided meditations for stress management
- Nicotine replacement therapies at a discounted rate

We encourage you to reach out if you are struggling or have questions. Connecting with others who have gone through the same experience can be a tremendous help.

Stay positive and remind yourself of the benefits of quitting:

1. Improved health and lung function
2. More money saved every week
3. Better sense of taste and smell
4. Freedom from addiction

We believe in you and will support you every step of the way. Please don't hesitate to contact us at [insert contact information] or visit our website for more information.

Best wishes on your smoke-free journey!

Sincerely,

[Your Name]

[Your Title]

[Organization Name]

[Contact Information]