

Dear [Participant's Name],

I hope this letter finds you well. I want to take a moment to commend you on your decision to participate in the smoking cessation program. Your commitment to improving your health is truly admirable.

Quitting smoking is a challenging journey, but please know that you are not alone. The support of your friends, family, and the program staff is invaluable as you take these important steps toward a smoke-free life.

Remember to celebrate every milestone, no matter how small, and lean on us whenever you need encouragement. You have the strength to succeed, and we believe in you.

Should you have any questions or need additional support, please do not hesitate to reach out.

Wishing you all the best on your journey to better health.

Sincerely,

[Your Name]

[Your Title]

[Organization Name]

[Contact Information]