

# Smoking Cessation Program Schedule

Dear Participant,

We are pleased to provide you with the schedule for our upcoming Smoking Cessation Program. Your commitment to quitting smoking is a significant step towards a healthier lifestyle.

## Program Schedule:

- **Session 1:** Introduction to Smoking Cessation  
Date: March 1, 2024  
Time: 6:00 PM - 7:30 PM  
Location: Community Center Room A
- **Session 2:** Understanding Triggers and Cravings  
Date: March 8, 2024  
Time: 6:00 PM - 7:30 PM  
Location: Community Center Room A
- **Session 3:** Coping Strategies and Support  
Date: March 15, 2024  
Time: 6:00 PM - 7:30 PM  
Location: Community Center Room B
- **Session 4:** Building a Smoke-Free Future  
Date: March 22, 2024  
Time: 6:00 PM - 7:30 PM  
Location: Community Center Room B

If you have any questions or need further assistance, please do not hesitate to contact us at (555) 123-4567 or email us at [support@smokingcessation.org](mailto:support@smokingcessation.org).

Sincerely,  
The Smoking Cessation Program Team