

Commitment to Smoking Reduction Course

Date: _____

To Whom It May Concern,

I, _____, hereby commit to participating in the Smoking Reduction Course offered by _____. I understand the importance of reducing my smoking habits for my health and well-being.

By signing this letter, I agree to attend all scheduled sessions and actively engage in the activities and discussions presented in the course. I am dedicated to making a positive change in my life and reducing my dependence on smoking.

Thank you for providing this opportunity, and I look forward to starting this journey towards a healthier lifestyle.

Sincerely,

Signature: _____

Date: _____