Employee and Retiree Service Center
The Bulletin—November 18, 2026

Great American Smokeout **and** ***Quit for Good*** **Can Help You Stop Smoking for Good**

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one.

Let the *Great American Smokeout* on November 19, 2026, be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important first step toward a healthier life and reducing your cancer risk. The American Cancer Society provides the resources and support you need to quit.

Montgomery County Public Schools (MCPS) and Kaiser Permanente are teaming up again to bring you the *Quit for Good* tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or are a Kaiser Permanente member.

Class discussions include the skills necessary to quit and successfully live tobacco-free. Learn more about the program by visiting the MCPS Tobacco Cessation Program web page.

Start your new year off right! The next class starts in the spring. Learn more about *Quit for Good* and access *Great American Smokeout* resources.