

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 20, 2025, 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 again teaming up 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 member of Kaiser Permanente.

Class discussions include the skills necessary to quit and successfully live tobacco-free. Learn more about the program by visiting the wellness website.

Start your new year off right! The next class starts in January 2026. [Learn more about Quit for Good and access Great American Smokeout resources.](#)