

## **We Want to Help You *Quit for Good***

The U.S. Surgeon General has said, “Smoking cessation [stopping smoking] represents the single most important step that smokers can take to enhance the length and quality of their lives.”

It’s hard to quit smoking, but you can do it. To have the best chance of quitting and remaining a nonsmoker, you need to know what you’re up against, what your options are, and where to go for help. We can help!

Well Aware and Kaiser Permanente have teamed up to offer a three-week virtual tobacco cessation class, *Quit for Good*, for Montgomery County Public Schools staff and their significant others. The next class begins on January 21, 2026. To learn more about the program visit the [Well Aware website](#).