

## Smoking Cessation Quit 4 Life Announcements for Schools

1. Want to quit smoking but don't know how? We can help! We are excited to now offer the Quit 4 Life Program free of charge for all students. Quit 4 Life is a \_\_\_\_\_ week, smoking cessation program that helps students overcome their addiction to tobacco. So crush your craving and sign up for Quit 4 Life today in room \_\_\_\_\_.
2. Youth can become addicted within a few weeks while only smoking a couple of cigarettes a day. We don't want you to get addicted, we want to support you! Crush your craving and sign up for Quit 4 Life today in room \_\_\_\_\_.