

Ladies and gentlemen, thank you for gathering here today. We are here to talk about an important step you can take for a healthier future: quitting smoking. We understand that stopping isn't easy, but we want you to know that you are not alone on this journey. Quitting smoking brings immediate and long-term benefits. You will breathe easier, have more energy, and protect your loved ones from secondhand smoke. We believe in your ability to overcome this challenge, and we are here to support you every step of the way. Reach out for help--there are many resources and communities ready to assist you. Whether it's counseling, medication, or support groups, find what works for you. Remember, every day without a cigarette is a victory. Celebrate those victories and keep moving forward. Together, we can create a healthier, smoke-free future. Believe in yourself. You have the strength to quit, and we are here to support you. Let today be the start of your smoke-free journey. Thank you!