**Subject:** Quit Smoking Campaign for Employees...Join In!

Hello All,

I’m excited to announce a new project that supports our employees with their attempts to quit smoking. The Virginia Department of Health (VDH) and [Quit & Stay Quit Monday](https://www.iquitmonday.org/) (QSQM), a non-profit initiative, have collaborated to offer a weekly “Quit and Stay Monday” promotion campaign from August 2019 to October 2019. Our company will be among 50 employers in Virginia who are promoting free resources and weekly tips to quit smoking that are part of this program.

Through this campaign, we hope to:

* Encourage tobacco users to quit with weekly motivational messaging and resources
* Increase awareness and use of the Virginia state quitline, [Quit Now Virginia](http://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/)
* Support you and your co-workers, friends and family in your efforts to quit using tobacco

Look out for the new materials that we start sharing on August 19th, and stayed tuned as we roll out the rest of the campaign, every Monday into October. If you have any questions, please contact me, your worksite Quit and Stay Quit Monday coordinator.

Best,

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