

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 (QSQM), a non-profit initiative, have collaborated to offer a weekly "Quit and Stay Monday" promotion campaign from August 2019 to October 2019. The City of Richmond, will be among 50 employers in Virginia who are part of this program, promoting free resources and weekly tips to quit smoking.

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
- Support you and your co-workers, friends and family in your efforts to quit using tobacco

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 Monday coordinator.

Best,

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