**KICK IT**

*Promotional/launch email*

Hi everyone!

**What:** You are invited to participate in EWSNetwork’s, *Kick It* program. *Kick It* is a support group guide to smoking cessation in the workplace. Over 8 sessions, you, your colleagues, and a well-trained EWSNetwork consultant will meet to discuss the entire process of how to quit smoking – why you should, how, what to expect, creating an action plan, weight maintenance, stress and more. What is unique to this program is that it is **interactive**. Each session is filled with discussion questions and educational activities that will help you learn in a meaningful, practical and fun way.

**Who:** This program is only for people who are thinking about quitting within six months or want to quit within the next month or two. You will need to fill out an online survey to determine if you are one of these people.

**Why:** Why should you join? Bottom line, quitting smoking is one of the best things you can do for yourself. Learning how to embark on that journey with a support group is crucial in actually helping you quit. Joining this program will help you get there.

**If you are interested, please contact \_\_\_\_\_\_\_\_\_\_ [email address]. You will also need to fill out this 5-minute online survey here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

*Reminder Email*

*Session 1:*

Thank you for signing up for *Kick It*! You have made your first step towards the process of smoking cessation so way to go! This is a reminder that the first session begins on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. In this session we will be doing an introduction to smoking cessation and learning some practical “tools” that you can do at home!

*Session 2:*

Great job from last week! This is a reminder that our second session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning how to create an action plan.

*Session 3:*

Great job from last week! This is a reminder that our next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning how to prepare for quitting.

*Session 4:*

Congratulations! You’ve reached the half way point to *Kick It.* This is a reminder that our next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning all about smoking triggers and how to cope with them.

*Session 5:*

Thank you all for your participation and energy from last week!This is a reminder that our next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning all about smoking triggers and how to cope with them.

*Session 6:*

Awesome work from last week! This is a reminder that our next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning all about smoking triggers and how to cope with them.

*Session 7:*

We are nearing the finish line! Keep up the discipline and motivation, folks. This is a reminder that our next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. We will be learning about what to anticipate once you’re quit and how to prevent slips and relapse.

*Session 8:*

You’ve made it to the last session! This is a reminder that last next session is on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in room \_\_\_\_\_\_\_\_\_\_ at [time]. Remember to bring a potluck dish because we will be celebrating all your hard work!