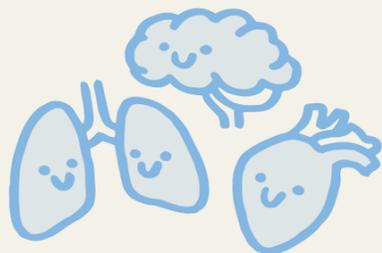


VIBES

VS

VAPE



BETTER HEALTH

Living vape-free can help your lungs, brain, and heart stay healthy.



LESS STRESS

90% of those who quit vaping said they felt less stressed, anxious or depressed.



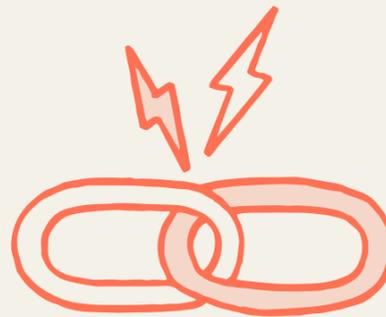
EXTRA CASH

You could save around \$1,500 per year by not vaping!



SUSTAINABILITY

Saying no to vaping means less single-use plastics, deforestation, and greenhouse gas emissions.



NICOTINE DEPENDENCE

Young people who vape are 7x more likely to start smoking cigarettes compared to those who don't vape.



TOXIC COMPONENTS

Vape juice contains 60 chemical compounds, including carcinogens and heavy metals.



SERIOUS DISEASES

Lung cancer, popcorn lung, and other life-threatening diseases have been linked to chemicals in vapes.



BIG TOBACCO

The tobacco industry targets young people with flavors to get them hooked for life: 97% of youth who vape use flavored products.

READY TO QUIT? DEEP BREATH, YOU'VE GOT THIS.

Go to [ARoomToBreathe.org](https://aroomtobreathe.org) for more information or check out [MyLifeMyQuit.com](https://mylifemyquit.com) for free quit support.

ROOM *to* **BREATHE**

aroomtobreathe.org