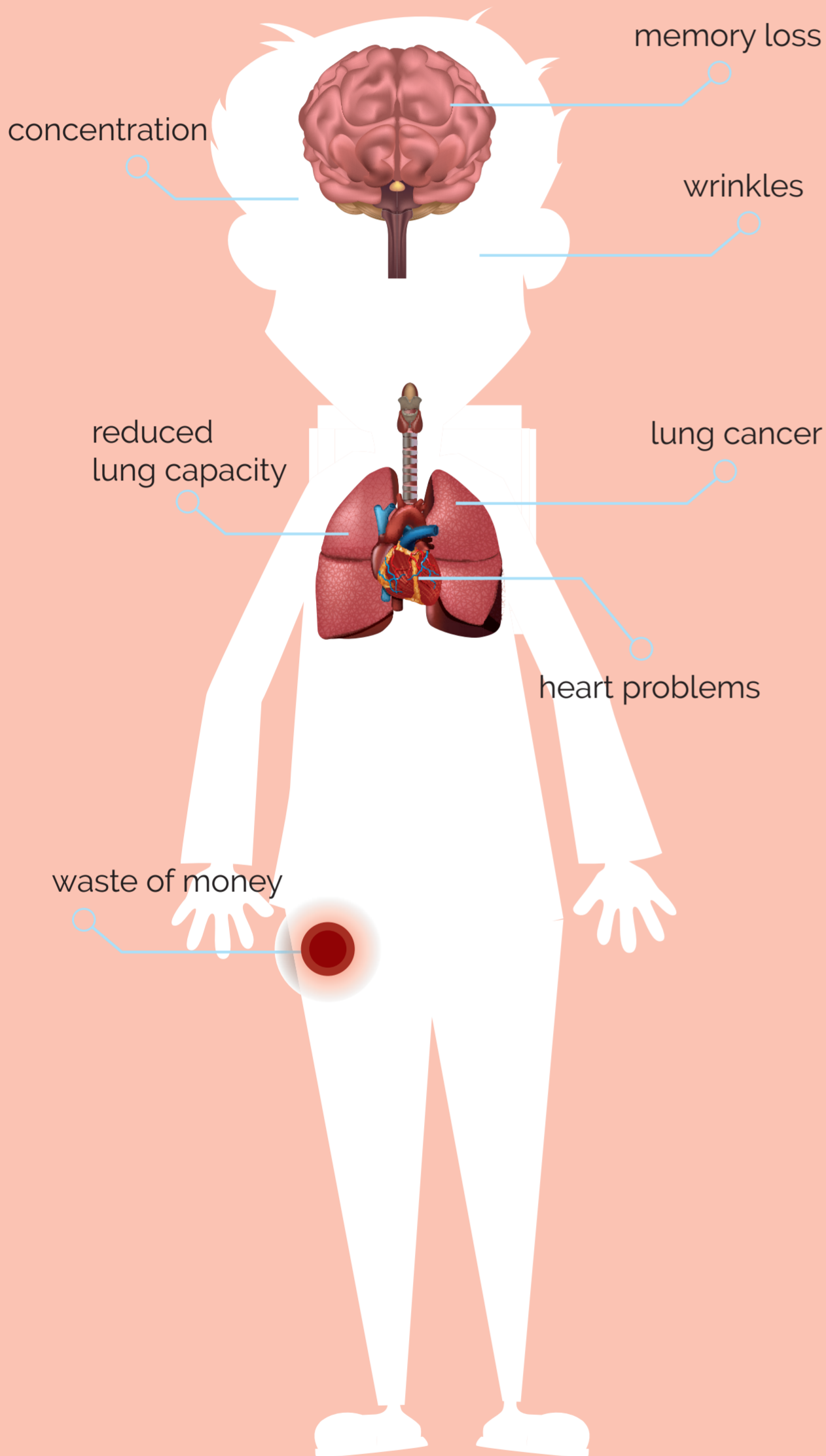


Positive Connections with **OUR HEALTH**

STOP VAPING!

Before Vaping Stops You!



TIPS TO QUIT:

Set a date to stop

Prepare for triggers & cravings

Figure out what can motivate you

Build support systems

Go easy on yourself

www.**NHS**.uk

healthline.com

PRANK