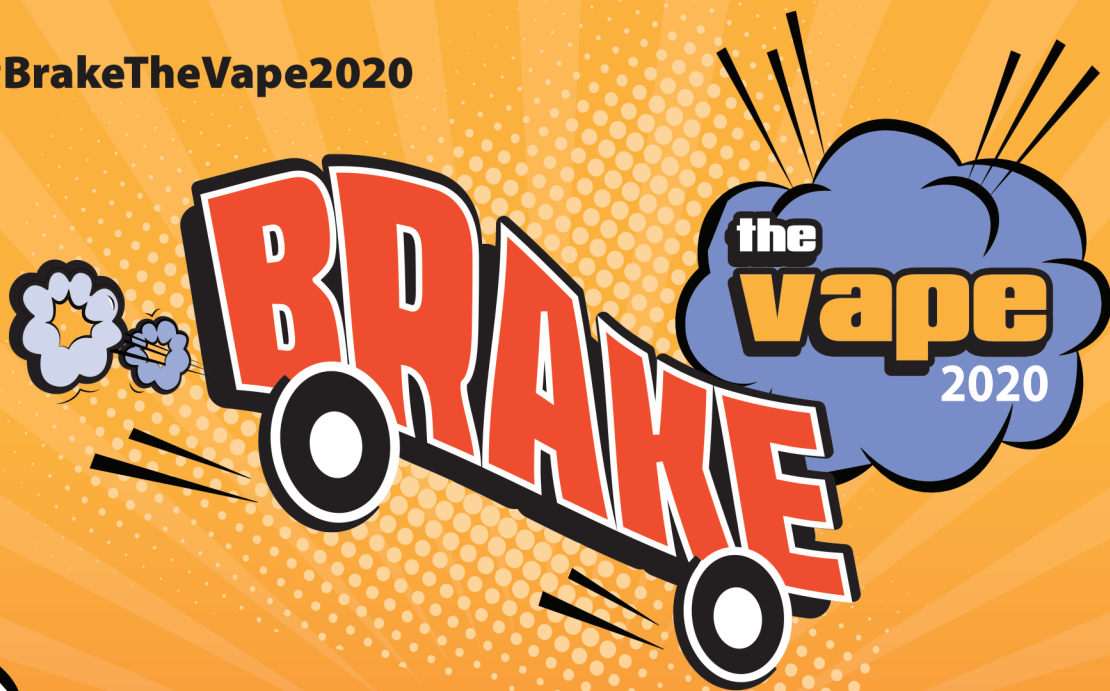


#BrakeTheVape2020



For FREE & CONFIDENTIAL Help to Quit Vaping, visit:

BrakeTheVape.org

Here are a few ways to Quit Vaping today:

Download the quitSTART app

A FREE smartphone app that helps you quit smoking or vaping with tailored tips, inspiration and challenges.



Source: <https://teen.smokefree.gov/become-smokefree/quitstart-app>

Truth Initiative: Text "DITCHJUUL" to 88709

Source: <https://truthinitiative.org/thisisquitting>

**Call Tobacco Free Florida at
1-877-U-CAN-NOW (1-877-822-6669)
to speak with a trained Quit Coach®**

Source: <https://tobaccofreeflorida.com/how-to-quit-tobacco/smoking-cessation-programs/#phone>



Follow United Way of Broward County's Commission on Behavioral Health & Drug Prevention on Social Media!

