

Help parents and the community understand the importance of smoke/vape free environments! Breathe is a **FREE** program for Head Start centers & other organizations working with families in Indiana. Complete a full Breathe training to receive Breathe kits for your organization as well as on-going support!

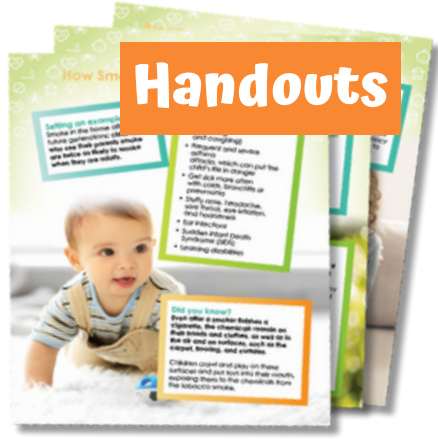
## Topics Covered:

- Smoking and Pregnancy
- How smoking affects children
- Second & third-hand smoke
- Stress management
- Vaping
- Marijuana
- Asthma
- AND MORE!

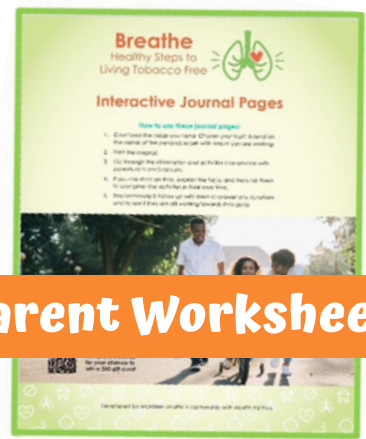
## Breathe Kits Include:



**Educational Flip Charts**



**Handouts**



**Parent Worksheets**



**Social Media Posts**



**Videos**



**Coloring Books**



**Parent & Children Activity Booklets**



**Spanish Materials**

**For more information or to schedule a training, contact Health Ed Pros!**

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