

Breathe

'Healthy Steps to Living Tobacco Free'

Breathe is a **FREE** program that trains organizations in Indiana how to educate the families they serve about the importance of smoke/vape free environments.

Topics Covered: Smoking & Pregnancy Cost of Tobacco
How Smoking Affects Children Stress Management Asthma
Second & Thirdhand Smoke Vaping Marijuana AND MORE!

Organizations that complete a Breathe training receive access to tons of **FREE** resources!

Breathe Kits Include:

- Flip Chart
- Parent Worksheets
- Educational Handouts
- Breathe Videos
- Social Media Posts
- Spanish Materials
- AND MORE!

For more information, contact
Tanya Shelburne at
tanyas@healthedpros.org

SCAN the QR code for a short video about Breathe!



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