



# Breathe

'Healthy Steps to Living Tobacco Free'



Help parents and the community understand the importance of smoke/vape free environments!

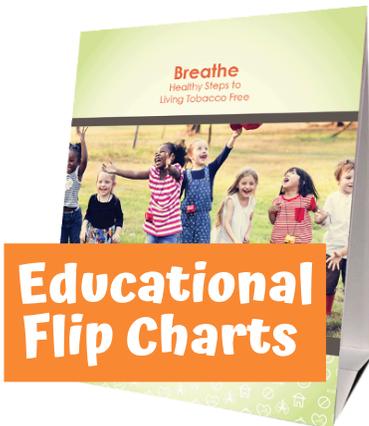
Breathe is a **FREE** program for Head Start centers & other organizations working with families in Indiana.

Organizations that complete a Breathe training get access to tons of **FREE** resources and on-going support!

## Topics Covered:

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

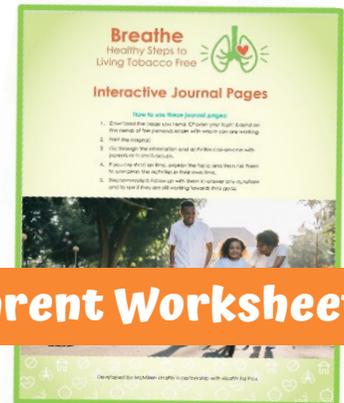
## Breathe Kits Include:



Educational Flip Charts



Handouts



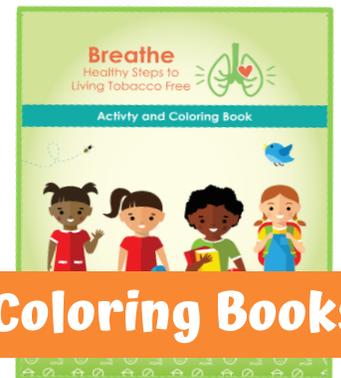
Parent Worksheets



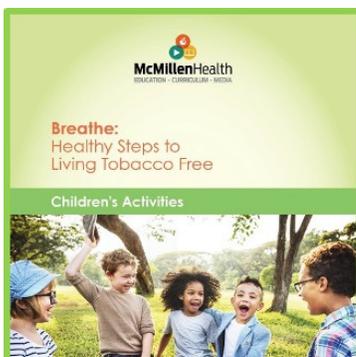
Social Media Posts



Videos



Coloring Books



Parent & Children Activity Booklets

## Spanish Materials



SCAN the QR code for a short video about Breathe!



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

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