



Breathe

'Healthy Steps to Living Tobacco Free'

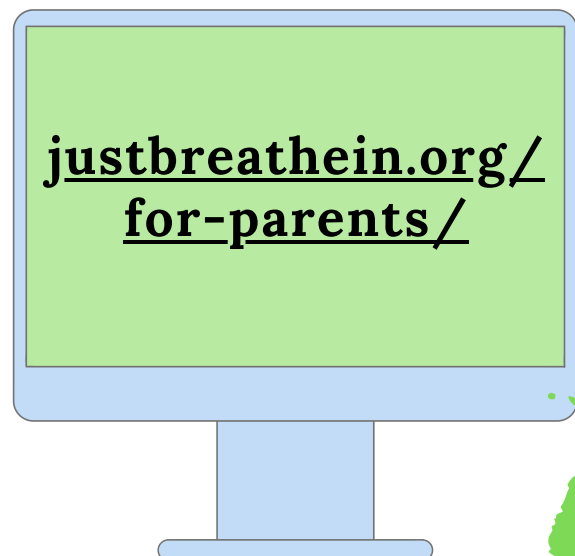
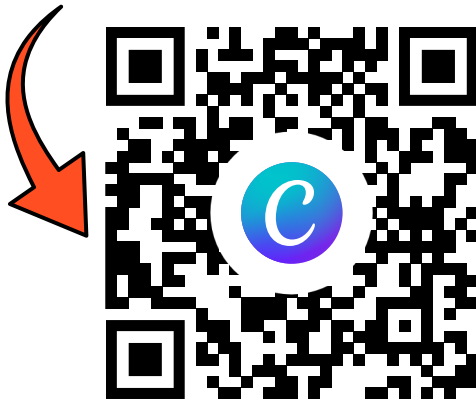
As a parent or caregiver, you want your children to be as healthy and safe as possible. One way to do that is by limiting their exposure to tobacco smoke and e-cigarette vapor.

Protecting children from the harms of tobacco starts with education. The "Breathe" website has info and resources about:

- Pregnancy
- Second/Thirdhand Smoke
- Quitting
- Vaping & E-cigarettes
- Asthma
- Stress
- Cost
- And More!

LOG ON TO LEARN MORE!

SCAN HERE AND CHECK IT OUT!



HEALTH ED PROS

"Personal, Practical, Powerful"