

Free yourself from vaping, on your own terms

The nicotine in e-cigarettes can harm your ability to focus and worsen feelings of anxiety and depression. Quitting now will help clear your brain and keep you healthy.



Live Vape Free can give you all the support you need to quit vaping, starting today!



Create a **quit plan** that fits into your routine



Get **24/7 support** and reminders via text



Learn how to **conquer triggers** and **cravings**



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

Scan the QR code or visit livevapefree.com to join for free!

