

# The good kind of quitting

Find freedom with a vape-free lifestyle

## What happens when you quit:



### Feel more confident

Quitting nicotine can help reduce anxiety or depression.



### Improve your health

Feel better and lower your risk of heart and lung disease.



### Save money

Vaping is expensive — use that cash for what matters to you.

Live Vape Free can help you kick vaping to the curb for good. Get 24/7 support via text message, learn how to overcome triggers, and create a quit plan that's made just for you.



Program made possible by the NCDHHS Division of Public Health, Tobacco Prevention and Control Branch.

Scan the QR code or take a tab below to get started!

No judgment. Just help.  
[livevapefree.com](https://livevapefree.com)

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