

# Take on the world, vape-free

Don't let vaping hold you back. Get free support to help you quit with **zero judgment**.



## Make a quit plan

Get help to determine where you are, so you can learn what motivates you to quit.



## Online content

Receive videos, quizzes, self-assessments, audio podcasts, and more.



## 1-on-1 support

Chat with a coach who can offer quit tips, easy ways to quit, and much more.



**Scan the QR code or  
visit [livevapefree.com](https://livevapefree.com)  
to get started today!**

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

**LIVE  
VAPE  
FREE** <sup>TM</sup>

