



Thank you for your interest in This is Quitting! Attached is a flyer for our program. We ask that you **do not alter these materials in any way.**

A few other things to keep in mind:

- Distribution of the flyers – we have found that a peer-to-peer approach is most effective when trying to disseminate information about vaping cessation. We highly encourage you to get the flyers into the hands of teens and young adults to spread the word about the program to their peers.
- We will be creating new materials for the program and uploading them to our website. Be sure to check back to see what's new!
- If you have any further questions about the program, please don't hesitate to reach out to help@thisisquitting.com.

YOU GO T THIS

YOU CAN QUIT VAPING. TEXT DITCHVAPE TO 887-09 FOR HELP.

