



Get Some Air

Be vape-free to reach new heights

Vaping can:

- cause coughing, wheezing and shortness of breath
- make asthma and other lung conditions worse
- expose you to toxic metals like nickel, tin and lead

Want to stop? **FREE** help:

Who

Foundry (youth-focused)

VGH Smoking Cessation Clinic (all ages)

QuitNow (all ages)

QuashApp (youth-focussed)

How

Foundrybc.ca

604-875-4800 (option 2)
cessationclinic@vch.ca

1-877-455-2233 (quitnow.ca)

Quashapp.com