

VAPE ESCAPE

FREE Zoom group chats for teens ages 12 to 18.

Meet with your peers to learn how vaping affects your health. Ask our doctors and counselors questions you've always wanted answered.

STARTS FEBRUARY 7

3 - 4 p.m., group chats are open the first Wednesday of every month

CASUAL CONVERSATION



- Vaping and your health
- Nicotine and how it affects the body
- Medications that can help with quitting
- How to set health goals
- Stress and peer pressure

For additional information, call 585-602-0720 or email healthy_living@urmc.rochester.edu.

Presented by the Center for Community Health & Prevention



Scan the QR Code to Join!

