

I want to be a  
positive role model  
for those around me,  
so I decided to

*quit vaping.*



Your care provider can help.

Ask them about your options or text DITCHVAPE to 88709.

YOU'RE  
**WORTH**  
IT!



CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS

This work is funded by the Cancer Prevention and Research Institute of Texas  
(award #PP240005).