

S.C. Office of Health Education



APPROVED FOR DISTRIBUTION
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DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Vaping Cessation

Have you ever tried to quit vaping, but didn't?

Nicotine is an addictive substance which can make quitting challenging. With support and education, change is possible!

What our classes will provide:

An enlightening, four-week vaping cessation series, where you will learn about vaping facts, nicotine and the brain, how to tell if you are addicted, developing resilience, coping skills, and how to change a habit.

To register, scan the QR code or contact us at:

631-853-3162



Class Information

Office of Health Education
725 Veterans Memorial Highway,
Building C-016
Hauppauge, NY 11788

Thursdays, 6 - 7 pm
October 19th, 26th
November 2nd, 9th

