



# S.C. Office of Health Education



## 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

