

VAPING



- It turns liquid chemicals, into a vapor (aerosol) that is breathed in (inhaled).
- It is not a tobacco product, and it's contain nicotine.



It's Contain:

- Metals
- Nicotine
- Flavorings
- Glycerin propylene
- Tetrahydrocannabinol (THC)

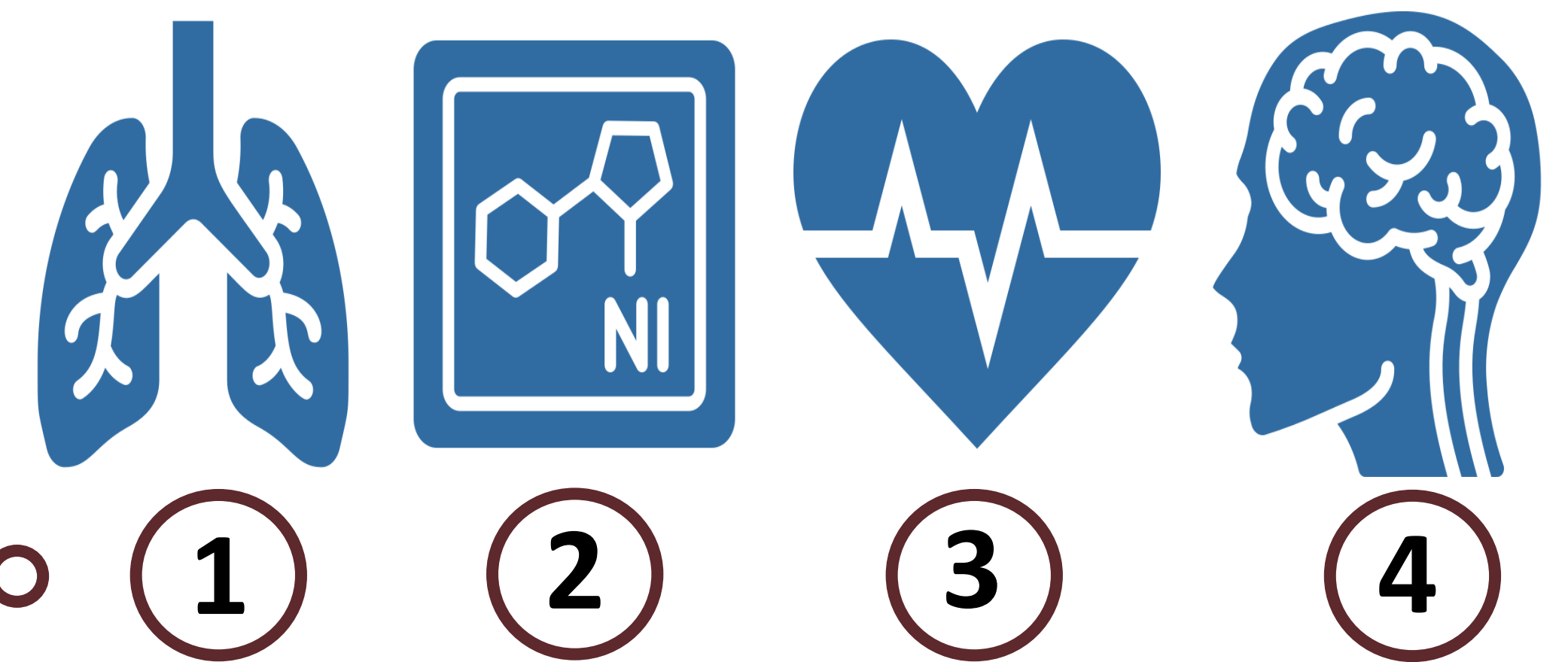


① ② ③ ④

1. Pod System
2. Box Mods
3. Disposable
4. Pens



- Write your goal on a piece of paper
- Choose a specific day to stop smoking
- Stay away from places where you smoke
- Fill your free time with activities or hobbies



It's effect on:

1. Respiratory system
2. Addiction to nicotine
3. Heart
4. Brain



Remember, quit Vaping is a process, and it may take time to succeed. focus on the progress you've made and keep moving forward. You can do it! 💪

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