



Quit Vaping and...

- Break My Addiction to Nicotine
- Improve My Lung Health
- Be a Good Role Model for Others
- Decrease My Risk of Explosions and Bodily Harm
- Enhance My Sleep
- Improve My Health
- Save Money
- Improve My Ability to Manage Stress



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION