

Your **NEW YEAR'S RESOLUTION!**



Bring in the New Year Tobacco and Nicotine Free!

Quit Season starts at the beginning of the new year where current smokers plan to quit and non-smokers help encourage them to start their quit journey.

What is your plan? Can you join thousands of people that want to improve their health?

Quitting tobacco has many benefits. Not only are you improving your health, but you're also saving money, feeling better, and improving relationships. If you would like to know more, check this website:

<https://tobaccofreeflorida.com/blog/additionalbenefits/>

**Let's do this together!
S.W.A.T Club members
are here to support you!**

Set a date to quit vaping and make a plan that works for you. You'll be healthier and happier in the long run.

At first, putting down the vape may seem impossible, but you CAN do it, and it will get easier with time.

Nicotine addiction can make you feel like you can't go a minute without vaping. Quitting can help you feel more in control of your life.

Avoid reminders of vaping by changing your routine. Small changes—like taking a different route to school—can help.

**Happy
New
Year!**