

**CONGRATULATIONS ON TAKING THE STEPS TO BECOME
TOBACCO AND NICOTINE FREE!
YOUR HEALTH AND WELLBEING WILL THANK YOU FOR IT!**



Nicotine is not safe, especially for kids, teens, and young adults.



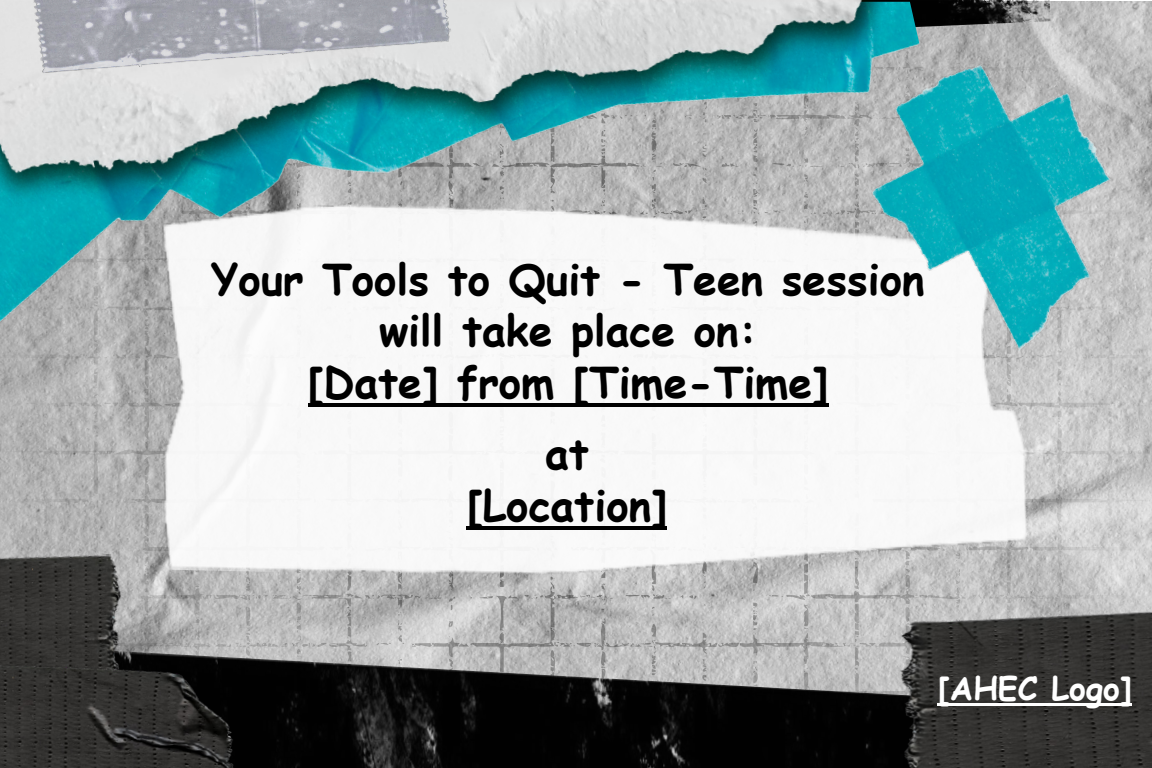
The brain develops until about age 25 and is more vulnerable to nicotine's effects, including reduced impulse control, attention and cognition deficits, and mood disorders.



Tools to Quit - Teen will provide fun and engaging content to help you quit tobacco use



Creating a personalized quit plan will provide the support you'll need to successfully quit.



**Your Tools to Quit - Teen session
will take place on:
[Date] from [Time-Time]
at
[Location]**

[AHEC Logo]