



**Be bold.  
Be you.**

Text **VAPEFREENC**  
to **873373**

Get started with the **Live Vape Free<sup>SM</sup>** program for support to help you quit vaping in a way that works for you.

# Find your path to quitting with Live Vape Free

Connect with text support to set your own quit date, plus help to take steps toward putting your goals first – free from vaping.



**Coach  
support**



**Interactive  
content**



**No cost  
to you**



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Public Health

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