

# STOP VAPING

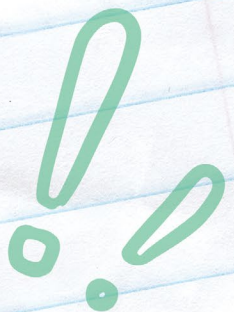
# WITH HELP

# FROM A FRIEND

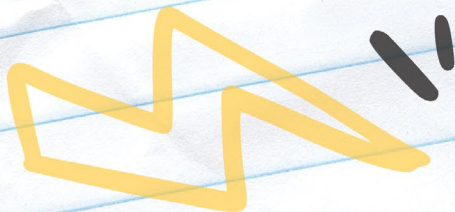
Your friends always have your back, but confiding in them about quitting vapes might feel cringey.

Luckily, you have us. Get free help quitting vapes with My Life, My Quit Hawai'i by calling **1-855-891-9989**.

How Do I  
Say No?



Umm



MY LIFE <sup>★</sup>  
MY QUIT <sup>™</sup>  
HAWAII