

YOUTH VAPING PREVENTION:

PARENT & CAREGIVER WORKSHOP

The **CATCH My Breath® Parent & Caregiver Workshop** educates participants on the risks associated with e-cigarettes or vapes and equips them with tools to support youth tobacco prevention. Attendees will also receive informational handouts and a goodie bag. A light lunch will be provided. Register by January 20, 2026 at www.bit.ly/vapeworkshop26

Space is limited. Early registration is encouraged!



Topics covered include:

- ✓ Youth E-Cigarette Epidemic
- ✓ Effects of E-Cigarettes or Vapes
- ✓ How to Recognize if a Teen is Vaping
- ✓ Resources to Help Teens Quit Tobacco

January 21, 2026

12:00 - 1:30 pm

Harnett County Government
Complex - Commons Area
309 W Cornelius Harnett Blvd
Lillington, NC 27546

 **REGISTER NOW**



QUESTIONS? CONTACT:

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