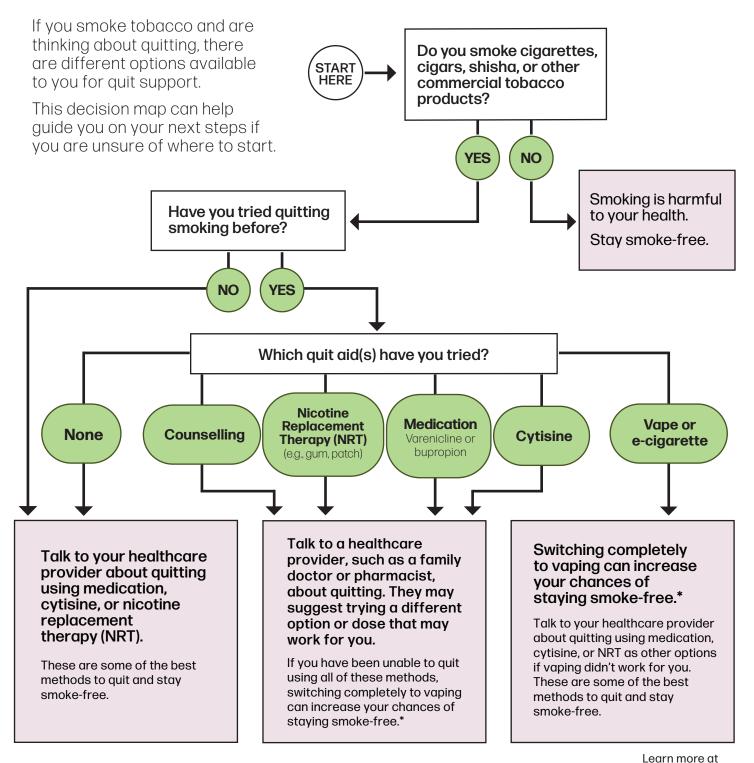
## Pathways to a Smoke-Free Life



## If you use e-cigarettes to help you quit, avoid long-term use to:

Avoid dependence **2** 

Reduce exposure to harmful and toxic chemicals

Improve your heart and lung health



\*Speak to a healthcare provider before using vaping as a quit aid if you are pregnant, breastfeeding/chestfeeding, have a history of cardiovascular complications or if you are using other substances (for example, cannabis or alcohol).

