

SLO TUPE GRANT FUNDED

# N-O-T (NOT ON TOBACCO) CESSATION CLASS

*The NOT Program is a voluntary program for students who are looking for support to help with quitting tobacco/nicotine.*

**TUESDAYS | MAY 2ND, 4TH, 9TH, 11TH**

**3:45 PM - 4:35PM | VIRTUAL ZOOM**

Approximately 90 % of teens who participate in the program cutting back or quitting tobacco all together.

## N-O-T Cessation Class \* Voluntary Basis

- Four 50 minute sessions
- Facilitate by a trained facilitator
- Conducted through zoom
- Small groups of 6-10
- For Youth Ages 14-19 years old

Sign-Up by  
April 27th

[Sign Up Form](#) or  
Email: [tupe@slocoe.org](mailto:tupe@slocoe.org)



[www.TeachVapeFree.org](http://www.TeachVapeFree.org)