

TEEN QUIT VAPING/SMOKING PROGRAM

For youth
ages 14-19



To Schedule: Click the link <https://forms.gle/cMJ6JgBQ51xk3d5k9> or scan the QR code. You will be contacted after scheduling with next steps.



CONTACT

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NAPA COUNTY OFFICE
OF
EDUCATION



About the Program

The Napa County Office of Education and Aldea are offering Project Ex, a six-week evidence-based vaping/smoking cessation program. Upon completion of the program students will be able to stop or reduce the use of nicotine, use alternative activities such as healthy breathing, yoga, meditation and relaxation, and demonstrate behavioral and cognitive skills. Lessons will be delivered virtually via Zoom. Please register to receive next steps. Schedule will be determined once enough participants are registered.