

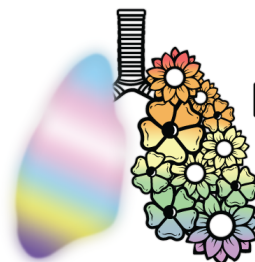


Breathe easy, y'all.



A coloring and activity book to help you live your best tobacco-free* life

*This refers to commercial tobacco products, not tobacco that is used by American Indians and Alaska Natives for ceremonial, religious, and/or medicinal purposes.

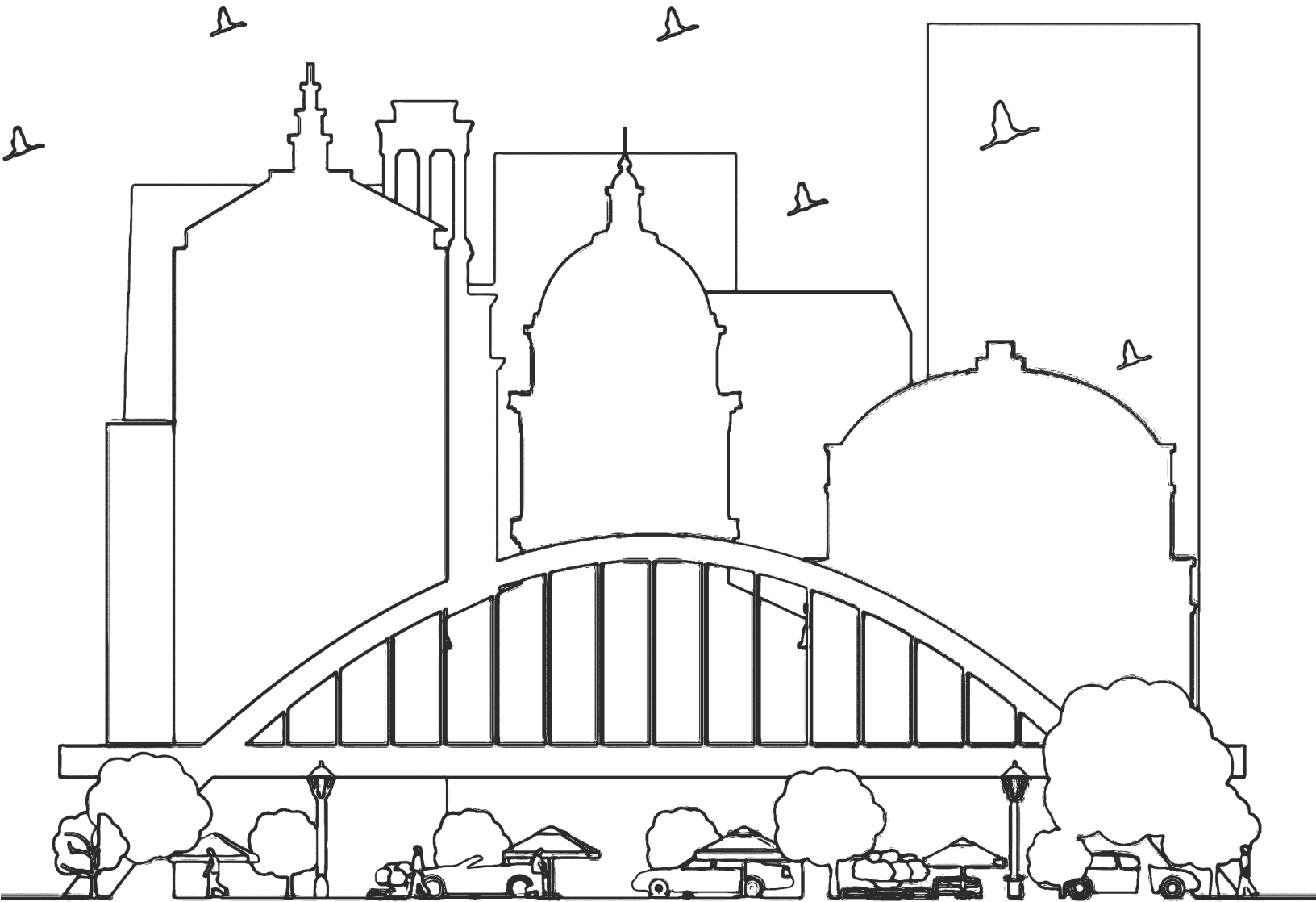


BREATHE
WITH
PRIDE



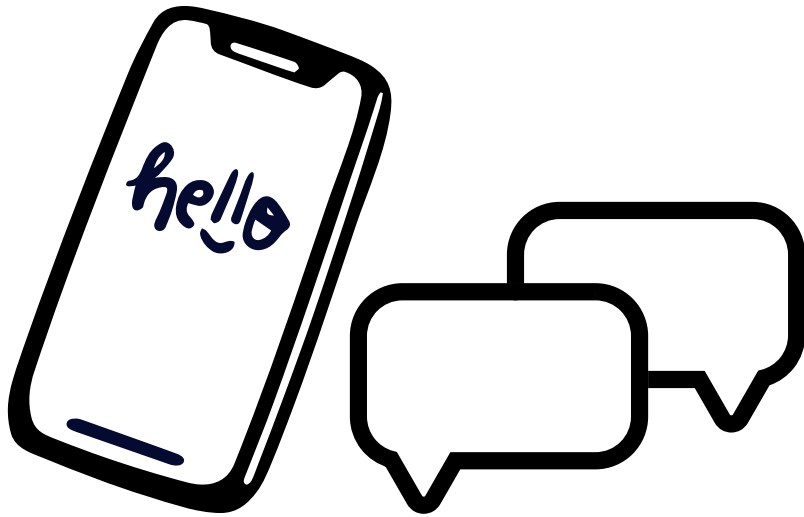
APH Austin
Public
Health
PREVENT. PROMOTE. PROTECT.

**What are your reasons for not wanting to use tobacco?
Write them below the Austin skyline!**



I want to be tobacco-free because...

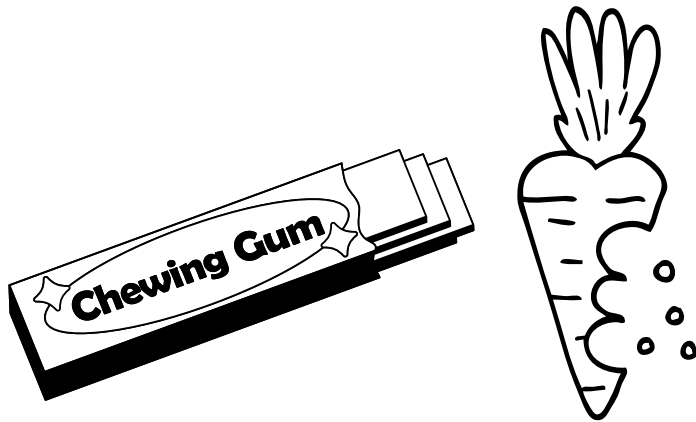
When I feel like using tobacco, instead I will....



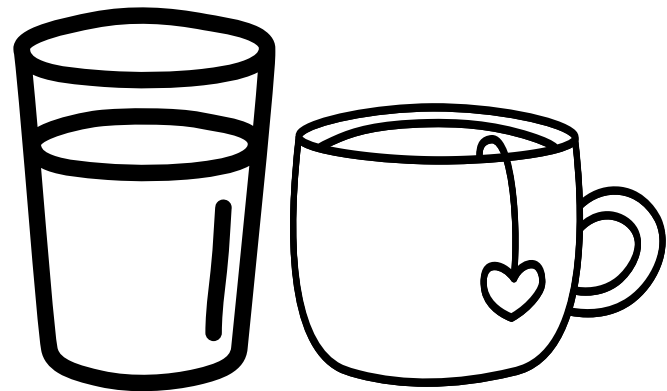
Call a friend



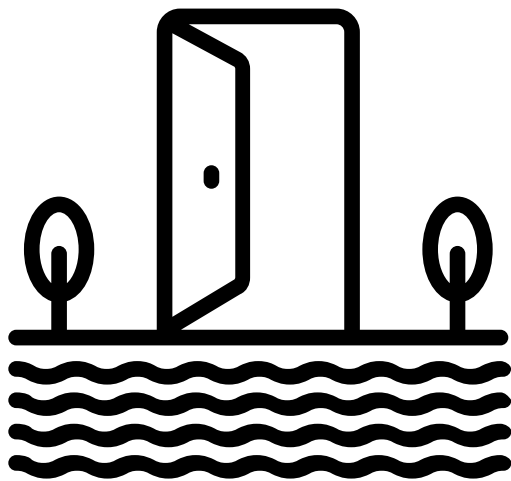
Dance



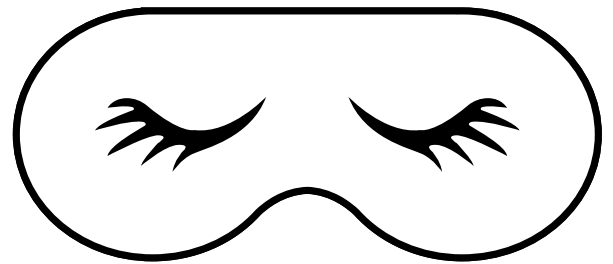
Chew on it




Hydrate




Enjoy nature

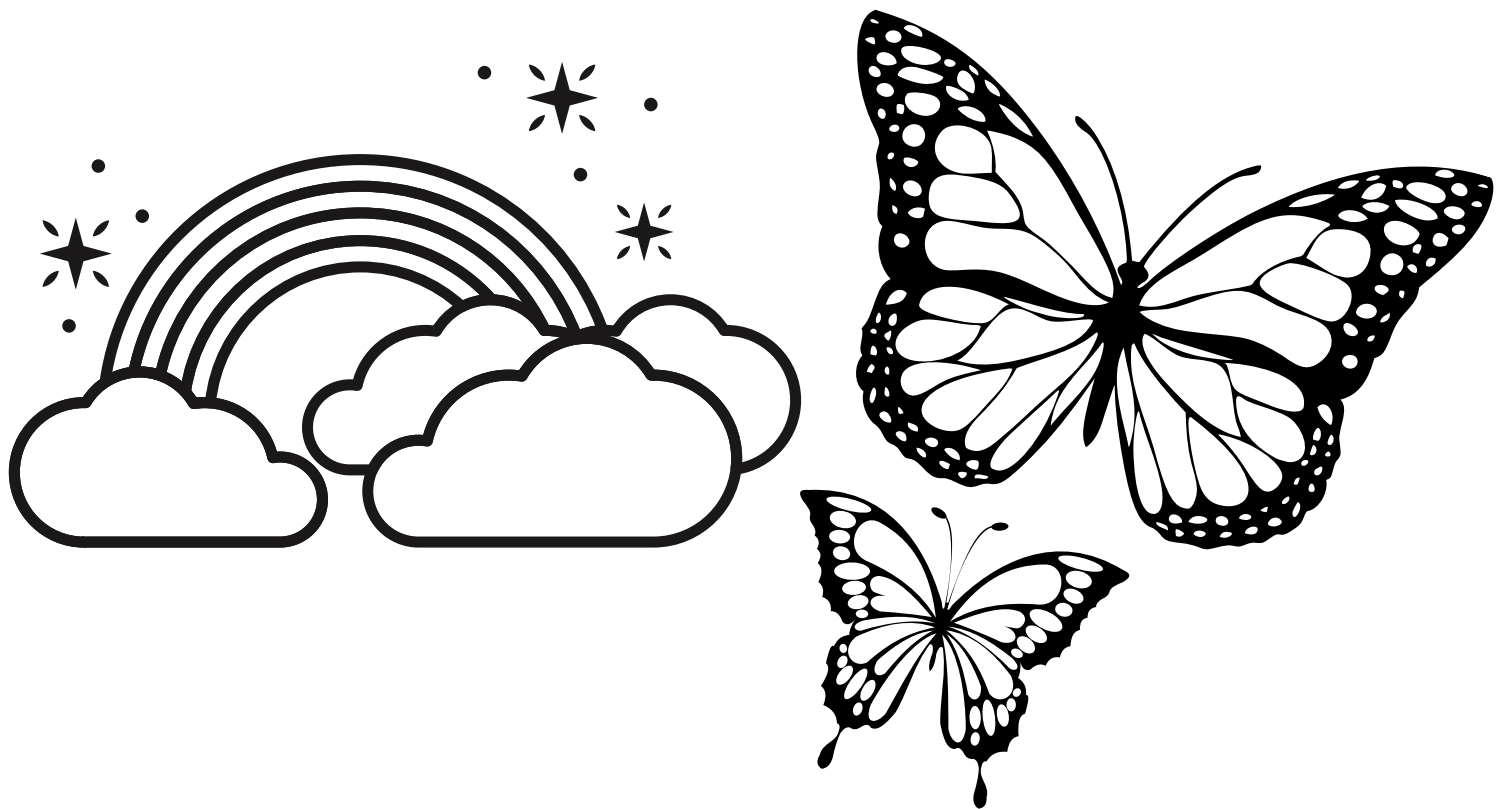


Meditate




**IMAGINE A
TOBACCO-FREE
FUTURE**





PRIDE IS...



A person in drag with a crown and a speech bubble. The person is wearing a shiny, metallic silver jacket over a dark, sequined top. They have dark hair, heavy eye makeup, and a mustache. A crown is on their head. A large speech bubble is positioned above their head, containing text. The background is white with black stars and dots.

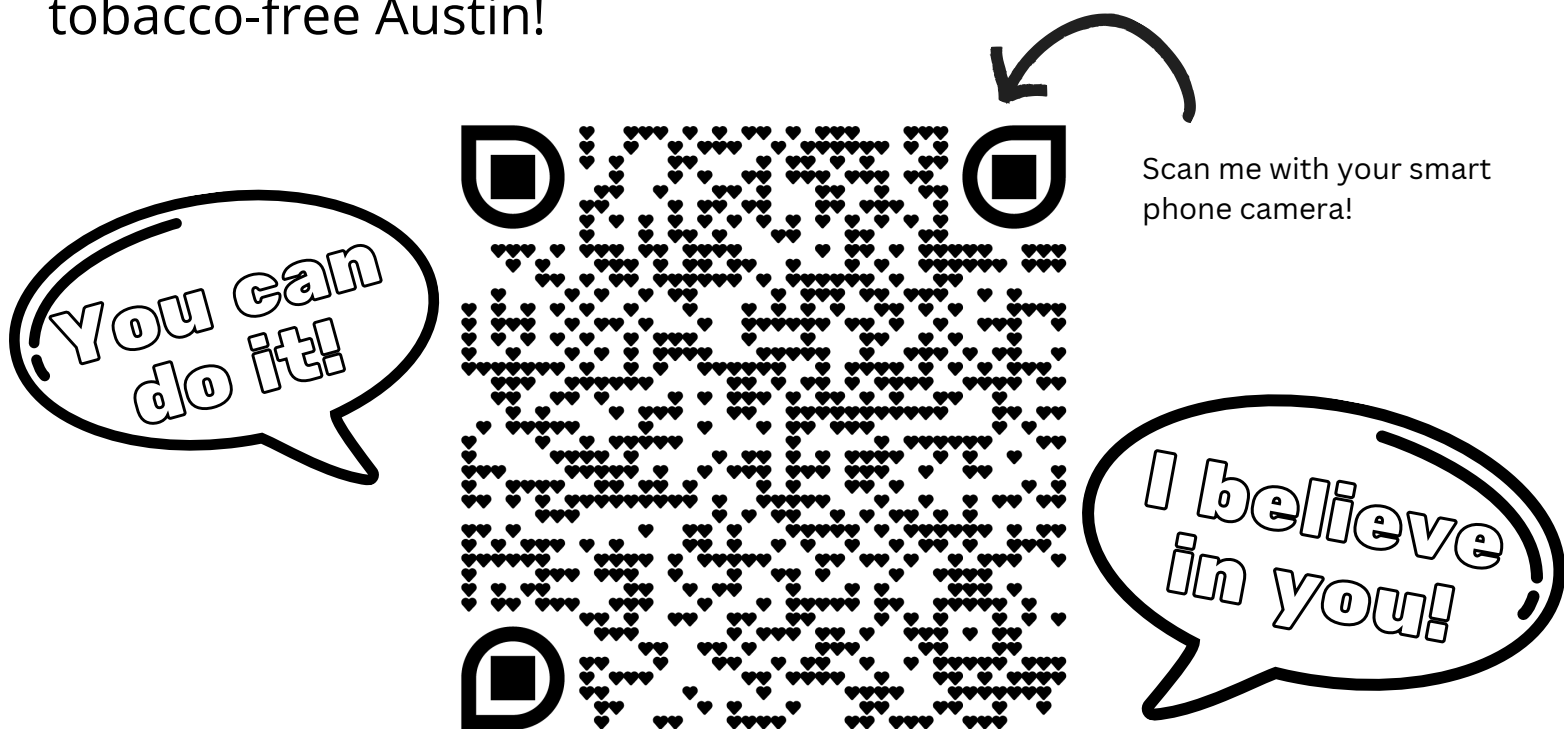
QUITTING TOBACCO HAS
ALLOWED ME TO BE THE BEST
PERFORMER THAT I CAN
POSSIBLY BE!

ALEXANDER THE GREAT
MR. AUSTIN PRIDE 2022

FREE RESOURCES

You deserve to live your best life, free from the harms commercial tobacco causes. Quitting - and staying quit - can also be difficult for a lot of people for many reasons. This is especially true for members of the LGBTQ2IA+ community.

Luckily, there is free support to help you along your quit journey. Find resources on the Breathe With Pride website, along with information about how you can help us build a tobacco-free Austin!



LiveTobaccoFreeAustin.org/lgbtq2ia





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