

# NO VAPE NOVEMBER

**RAZE**  
tear down tobacco lies.

Add tips and reminders  
to help you through  
the month



		1 Join a Raze Crew for peer support	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Watch your favorite movie as a distraction	19
20	21 Use a meditation app on your phone	22	23	24	25	26
27	28	29	30			