

Press Release

August 9, 2021

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Tobacco Action Coalition of LI -Tool to Help Teens Quit Use of Tobacco Products

The launch of the American Lung Association's NOT for Me program is here. It is a self-guided, mobile-friendly web-based program that gives teens the resources to quit vaping, smoking or chewing tobacco products. This new digital modality is based off of Not On Tobacco (N-O-T) youth cessation in-person group program curriculum which has 25 years of proven success in helping young tobacco users gain strength, health and freedom from nicotine addiction and tobacco dependency.

NOT for Me offers a six-week program including eight self-paced sessions which may be utilized by youth remotely to best serve those teens who may not have access to a local Not On Tobacco (N-O-T) program facilitator or feel comfortable participating in a group format.

American Lung Association's NOT for Me web-based program is available at no cost at www.NOTforMe.org. Additional information, including a brief introductory overview is available at NOTforMe.org. If you have any questions please contact NOT@Lung.org.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Program Manager of the Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.