

Feel like vaping?
Try this instead!



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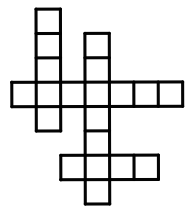
Go for a walk and enjoy the fresh air



Call and catch up with a friend that you haven't spoken with recently



Read a book or try a crossword puzzle



Make a healthy snack



Pick up a new hobby such as knitting or drawing



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