

Vaping: What to do and what to know...

By CPPS Nurse Heather Norman

Vaping has recently been in the news, and there are a lot of sources of information out there. So I thought this month I would try and simplify it to help parents have that Vape Talk within the house, regardless of if your kids are vaping! We want everyone to be informed, know the risks, and know why they should tell their friends not to vape. The American Lung Association breaks it down really well with a lot of resources to help with the discussion.

As always, I am here for any questions or concerns, and would love to hear from you.

Email: HNorman@cppschools.com Phone: 616-254-5030.