

CATCH My Breath: Youth Training Prevention Program



Youth e-cigarette use is on the rise. Help educate our youth!

**Wednesday, May 29, 2024
1 PM - 3 PM**

The CATCH My Breath program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices. CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health.

CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

***This is a training intended to teach community members/leaders how to teach youth ages 5th-12th grade this curriculum. This is not an event intended for youth attendance.**

**Sign up here:
<https://www.poehealth.org/events/cmb-524/>**



Learn more: [PoeHealth.org](https://www.poehealth.org)

