

Choose **Health**, *Ditch the Vape*

Join us this **August – October** to raise awareness and equip ourselves & our loved ones in the fight against vaping!

August | September | October

Take part in our Monthly Quiz!

Be 1 of the 15 winners to win a *goodie bag* from us!

Join Now!



\$3,000 worth of prizes to be won!

Videos with the highest IG likes **WIN!**

"Choose Health, Ditch the Vape" Hostel Video Challenge

Get creative and make an impact in the NUS community.
Top 3 hostel submissions will walk away with prizes.

[More details here](#)

Fake or Fact, FRIDAYS

Think you know all about Vaping?
Find out more on our socials!



 [Read more](#)

 [Watch our video](#)

For vaping/smoking cessation support: uhc_wellness@nus.edu.sg



University
Health Centre

Skills to Heal  Heart to Care

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