

# CCU is proud to be tobacco- and vape-free!


This includes all forms of tobacco, smoke-related products, and e-cigarettes.

## DID YOU KNOW?

E-cigarette vapor can contain harmful carcinogens such as...

**ARSENIC**  
**CADMIUM**      **BENZENE**  
**LEAD**      **CHROMIUM**  
**NICKEL**

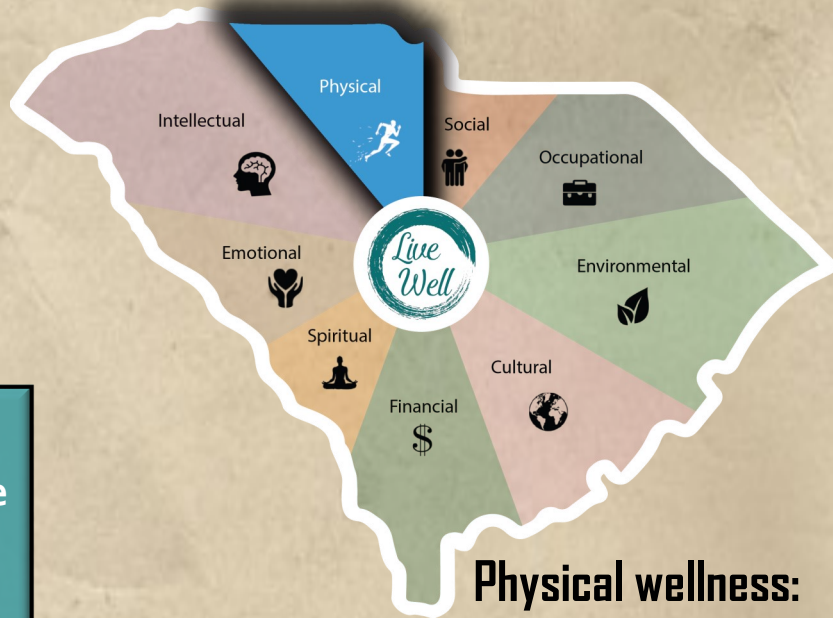
**Ready For Change?**



Thinking of making a change to improve your physical wellness?

**CLICK HERE!**

(Sign in with your CCU ID.)



**Physical wellness:** Promote and support positive, safe, and sustainable habits that take care of the body for optimal health and functioning.

Follow us on social media !



@livewellccu @ccufoodcrew  
@wallypondccu @ccushore

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