



A Health Education Manual



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Break Free Alliance is a program of the Health Education Council. Our mission is to reduce the prevalence of tobacco use among populations of low socioeconomic status.

The Rural Alaska Community Action Program (RurAL CAP) is a private, statewide, nonprofit organization working to improve the quality of life for low-income Alaskans since 1965.

Tobacco Education and Cessation for Alaskans: A Health Education Manual

This Guide contains two curriculum Modules: Module One is designed to educate individuals on the health effects of tobacco use; Module Two is a guide for quitting. The curriculum also contains instructions for facilitators, reproducible handouts and a resource section to obtain additional information and materials. This tobacco education/cessation resource was developed and contributed to by rural and urban Alaskans statewide.

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