

KICK BUTTS DAY

#BLOWBUBBLESNOTSMOKE

SMOKERS EXPOSE PEOPLE AROUND THEM TO 70 CANCER-CAUSING CHEMICALS. HELP RAISE AWARENESS ABOUT THE DANGERS OF BLOWING SMOKE.

1. Gather your supplies.

Purchase bubbles or make your own. Create handouts or plan announcements about the dangers of secondhand smoke.

2. Pick a time and place to host a Kick Butts Day event.

Consider an outside area to avoid slick floors. Bubbles just don't work? Consider switching to gum!

3. Host your event and don't forget to share photos!

Tag your photos with #BlowBubblesNotSmoke on Instagram, Twitter and Facebook. The most liked photos, biggest bubbles, most bubbles and most creative bubbles will earn swag. Be sure to follow RAZE so we can see your posts.

DIY BUBBLE RECIPE:

Mix 6 cups water (distilled is best) with 1/2 cup of blue Dawn dish detergent, 1/2 cup corn starch, 1 tbsp. baking powder and 1 tbsp. glycerine.

"NON-SMOKERS EXPOSED TO SECONDHAND SMOKE AT HOME OR AT WORK HAVE A 30% HIGHER RISK OF DEVELOPING LUNG CANCER." - CDC

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RAZE
COMMOTIONS
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