

KBG

Kick Butts Generation

VOICE: November/December 2020

UPCOMING EVENTS

* KBG VIRTUAL EVENT ALERT *

Gingerbread House Creation

Free for any Delaware youth to participate!

A GINGERBREAD KIT
WILL BE MAILED RIGHT
TO YOUR HOUSE!



BUILD THE HOUSE ON
ZOOM WITH YOUTH FROM
ACROSS DELAWARE



Gingerbread House Creation Event

December 19, 2020 at 6:30 PM

This event is FREE to any Delaware youth to participate in... your family is welcome to participate with you.

A gingerbread house creation kit will be mailed to your home address, and we will all assemble and decorate them together on Zoom!

If you are feeling competitive, we will be holding a gingerbread house competition during the second half of the event where you can win prizes for the best gingerbread house!

****Registration will close on December 14th****

[Click to Register](#)

Force Captain Monthly Call

December 10, 2020 at 6:30 PM

All Force Captains are required to attend the monthly call. Please check your email closer to the call date for the Zoom link. If you are a Force Captain and not able to attend, please let Matt know.

Only Force Captains are to attend

A LOOK BACK AT NOVEMBER

Lake Forest LUNG FORCE Walk

From Lake Forest:

"On November 15th, Lake Forest KBG hosted a LUNG FORCE Walk at Killens Pond State park.

Around 40 people came to walk in honor of loved ones and to support healthy lungs. Advisors and members from Polytech and Ceasar Rodney also joined us for the walk. Social distancing was practiced and everyone wore their masks.

The weather was beautiful, and everyone enjoyed the event. We look forward to hosting the event on a larger scale next year."



November Monthly Campaign

November was all about how thankful we are for healthy lungs. When you use tobacco, nicotine, e-cigarette or vape products, you are potentially harming your lungs. Without your lungs and the ability to breathe, nothing else matters. We are so thankful for our lungs and clean air, we hope you are too.

Take a look at some of our social media posts from November. Do you remember seeing these in your feed?

Using nicotine is no way to thank your lungs. Stay tobacco and nicotine-free to keep your lungs healthy. Be thankful for healthy lungs - if you can't breathe, nothing else matters.
 #NoNicotineNovember #ThankfulForOurLungs #KBGde

November is all about nicotine and the dangerous effects it has on your body. Stay tobacco and nicotine-free to keep yourself healthy and lungs happy!
 #KBGde #NoNicotineNovember #TobaccoFree #NicotineFree #ThankfulForOurLungs



Let the countdown begin. T-Minus 3 days until it's Turkey Day!

What is one of your favorite Thanksgiving Day foods? Do you or someone you know want to quit smoking? Don't do it cold-turkey, reach out and get help. Quitting can be hard!

#KBGde #TobaccoFree #ThankfulForOurLungs

[Read less](#)



BECOME A KBG LEADER!

Do you or someone you know want to become a KBG leader? Become a KBG Force Captain and you can lead your peers to a tobacco and nicotine-free lifestyle.

KBG Force Captains receive special training on what it means to be a leader and how to be a Force Captain. Additionally, they directly lead the organization's vision, mission, and programs. As a KBG Force Captain you can help shape and grow the organization!

If you or someone you know are interested in becoming a KBG Force Captain, send an email to Matt at Matt.Coyle@lung.org and we will get you trained!



[Click to Download the Force Captain Brochure](#)

American Lung Association | 2102 Kanawha Blvd East, Charleston, WV 25311

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