Tobacco Digital Stories

Check out KCCEB's videos on YouTube

A conversation with community workers
Appa, I will be your quitline
Unpoken, Mr. Kim's smoking story

We don't often consider how culture and challenges of being an immigrant influence our experience with tobacco and quitting. The goal of KCCEB's tobacco digital storytelling project is to elevate the voices and stories of our community to raise awareness and increase visibility.
Check out KCCEB's videos on YouTube

Asian American's struggle to be PERFECT
Journey to healing through counseling
Practice Taichi with KCCEB in English

**Asian Americans Struggle** - A video created by our YAAS! youth about the challenges Asian Americans face and how they combat them and find their sense of worth.

**Journey to Healing** - In Asian culture, talking about mental health can be very challenging. A young woman talks about her emotional pain and her brave journey towards healing.

**Practice Taichi** - Falls are the leading cause of injury in the 65+ group. Fall incidents can also be traumatizing for seniors. Watch our evidence-based Taichi videos to prevent falls.