

Award-winning initiative led by The Tenacious Group

AIR POLLUTION INTRODUCTION

FROM POLLUTION TO SOLUTION: CLEAN AIR AT HOME & BEYOND

AIR POLLUTION INTRODUCTION

This online course is designed for individuals, who want to take meaningful action to reduce air pollution and promote cleaner, healthier environments—both indoors and outdoors. Whether you're a student, educator, parent, or community advocate, this course offers interactive lessons and practical tools to make a difference.



4 FOCUS AREAS:

AIR POLLUTION

AIR POLLUTION PROTECTION

MENTAL HEALTH

CALL TO ACTION

WHY DOES AIR QUALITY MATTER?

The air around us has a direct impact on our physical and mental health.



POOR AIR QUALITY CAN CAUSE...

Eye and Throat Irritation

Headaches

Anxiety and Stress

Breathing Problems



POOR AIR QUALITY LONG TERM RISKS...

Asthma

Lung and heart disease

Stroke

Cancer

COPD

Memory Loss & Cognitive Decline



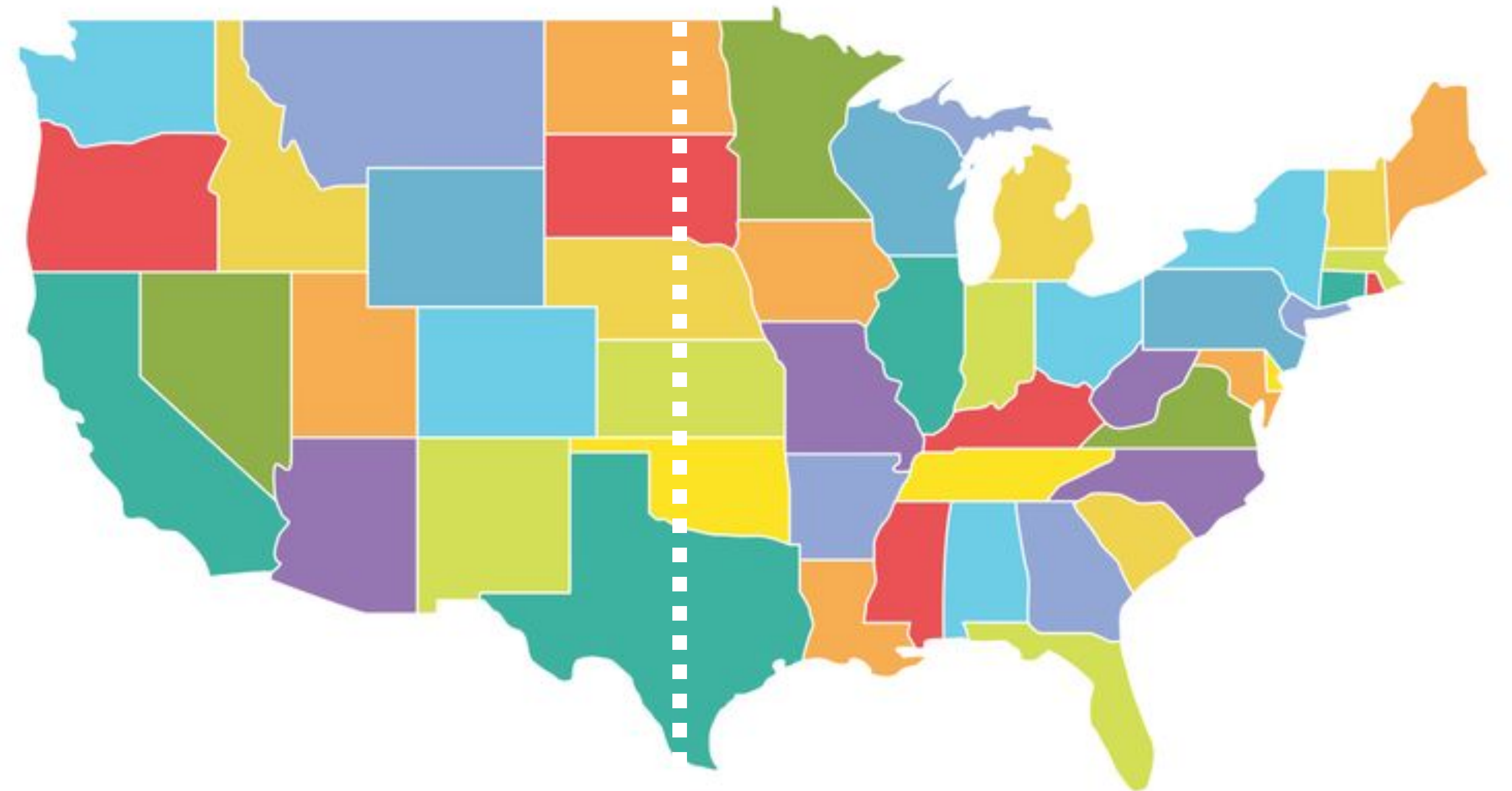
THE AVERAGE PERSON BREATHES...

**25,000 breaths
per day**



PER AMERICAN LUNG ASSOCIATION...

Nearly half of all people in the U.S. are breathing unhealthy air due to pollution.



IT'S TIME TO TAKE CONTROL OF YOUR...
INDOOR AIR

THRO**VE²**