

However you use it, Cannabis **is** Cannabis.

SMOKE IT?



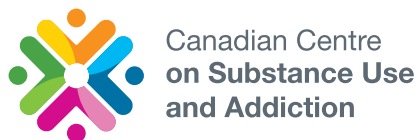
VAPE IT?



EAT IT?



Daily or near-daily cannabis use can affect your **mental** and **physical health**.
Cannabis can impair your ability to drive safely.



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

Learn about the health effects of cannabis
and how to lower your health risks at

ccsa.ca/cannabis and canada.ca/cannabis

© Canadian Centre on Substance Use and Addiction 2019