

Artwork:
Nicolette Wons, 5th Grade
Nazareth Academy Grade School

Even Nature Knows
Not To Smoke!



Quit Tip

When cravings hit, hang in there! Cravings usually pass within a few minutes.

March / marzo						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May / mayo						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

2009

ABRIL

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

thursday jueves

friday viernes

saturday sábado

Quit because:

Within eight hours of quitting, the oxygen level in your blood will increase to normal.

1

2



3

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Palm Sunday

World Health Day
National Public Health Week begins

Passover begins at sundown

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Easter

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25

Earth Day

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Artwork:
Edward Gaymon, 11th Grade
Murrell Dobbins CTE

DID YOU KNOW?

Because tobacco reduces blood flow, nicotine addiction has been proven to cause impotence.



Free prevention and quit info:
(215) 683-LIVE
www.smokefreephilly.org

NOTES/NOTAS:
