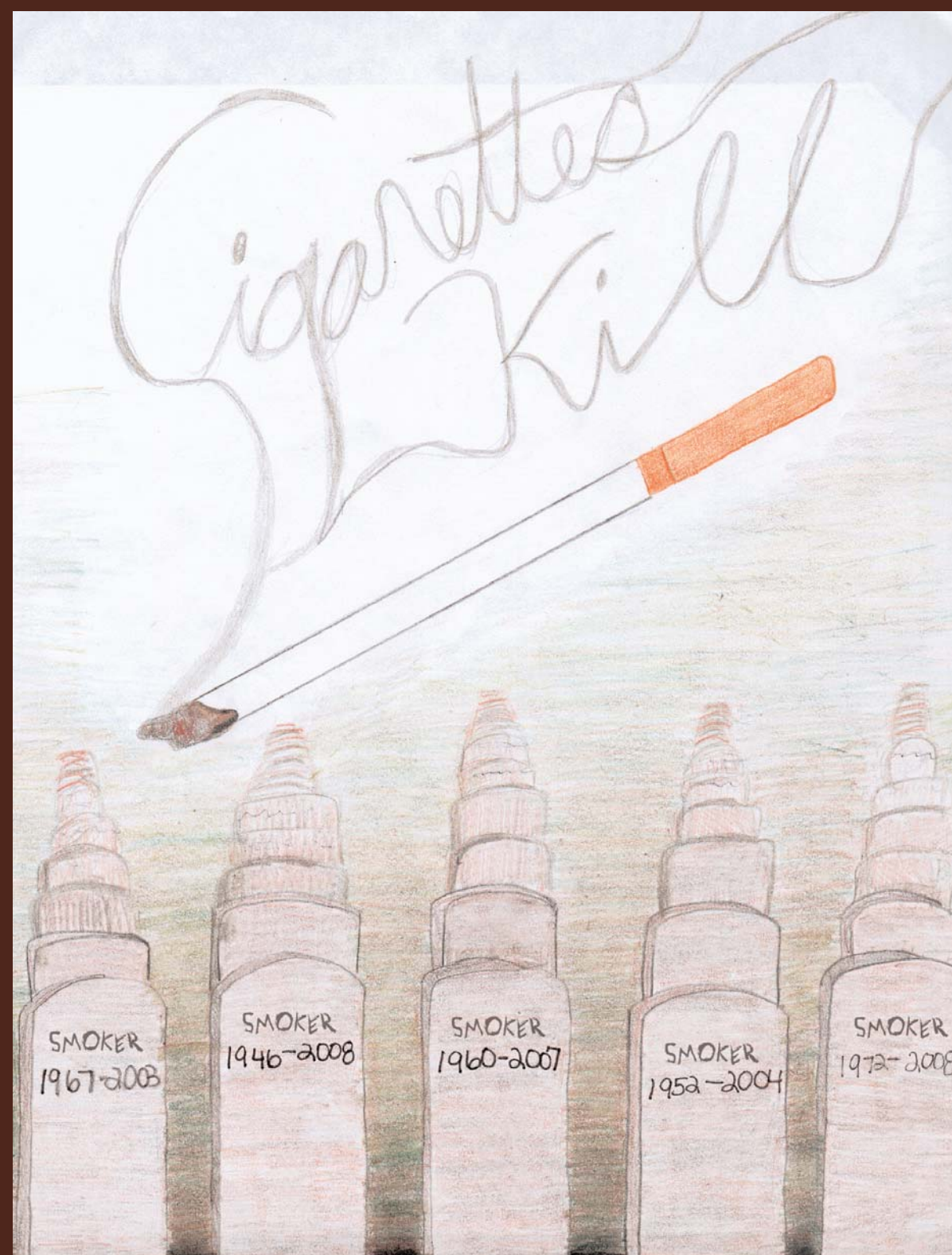


Artwork:
Catherine Nelson, 8th Grade
Nazareth Academy Grade School



Quit Tip

Try chewing on fresh ginger, cinnamon sticks or tea tree toothpicks to help you deal with cravings.

September / septiembre

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			

November / noviembre

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					

OCT@BER

2009 OCTUBRE

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

thursday jueves

friday viernes

saturday sábado

Quit because:

Within one to nine months of quitting, you will have less congestion, less fatigue and less shortness of breath.



Artwork:
Clarissa Kristie, 7th Grade
FACT Charter School

1

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Columbus Day

18



19

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21

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23

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25



26

27

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31

Halloween



Artwork:
Jonathan Cancel, 4th Grade
F. E. Willard School

DID YOU KNOW?

Among infants to 18 months of age, secondhand smoke is associated with as many as 300,000 cases of bronchitis and pneumonia each year.



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

NOTES/NOTAS:
