

Artwork:
Desiree Mears, 12th Grade
Murrell Dobbins CTE



Quit Tip

There is no right or wrong way to quit smoking.
Do whatever works for you.

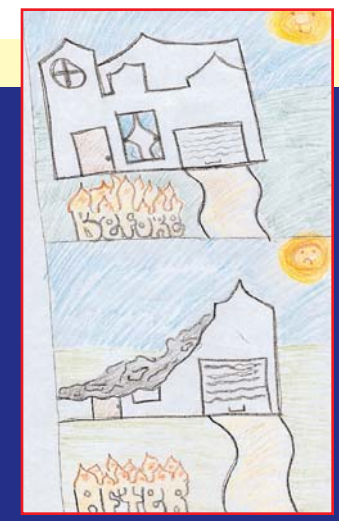
NOVEMBER

2010 NOVIEMBRE

October / octubre						
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						

December / diciembre						
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	

sunday domingo	monday lunes	tuesday martes	wednesday miércoles	thursday jueves	friday viernes	saturday sábado
	1	2	3	4	5	6 
7	8	9	10	11 <i>Veterans Day</i>	12	13 
14 <i>Daylight Savings Time ends</i>	15	16	17	18 <i>Great American Smokeout</i>	19	20
21 	22	23	24	25 <i>Thanksgiving Day</i>	26	27
28 	29	30	<p>Quit because: Your food will smell and taste better.</p>  <p><small>Artwork: Anna Duzinski, 8th Grade Nazareth Academy Grade School</small></p>			



Artwork:
Valerie Scott, 12th Grade
Parkway West High School

Around the World

India outlaws smoking in public spaces in November 2001.

Thailand bans indoor smoking in November 2002.



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

NOTES/NOTAS:
