

Artwork:
Bao Ho, 11th Grade
Samuel Fels High School



Quit Tip

Avoid drinking extra coffee, soda or other drinks with caffeine that will make you more tense.

AUGUST

2009 AGOSTO

Artwork:
Lanica Angpak, 10th Grade
Haverford High School

July / julio						
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	

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			

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

thursday jueves

friday viernes

saturday sábado

Quit because:

Within two weeks to three months of quitting, your lung function will increase up to 30 percent.



Artwork:
Rahdira McPhail, 7th Grade
Beeber Middle School



“I’m more proud of quitting smoking than of anything else I’ve done in my life, including winning an Oscar.”

— Christine Lahti
Actress and director

<p>Quit because: Within two weeks to three months of quitting, your lung function will increase up to 30 percent.</p>				<p>1</p>		
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					

Ramadan begins
at sundown



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

NOTES/NOTAS:
