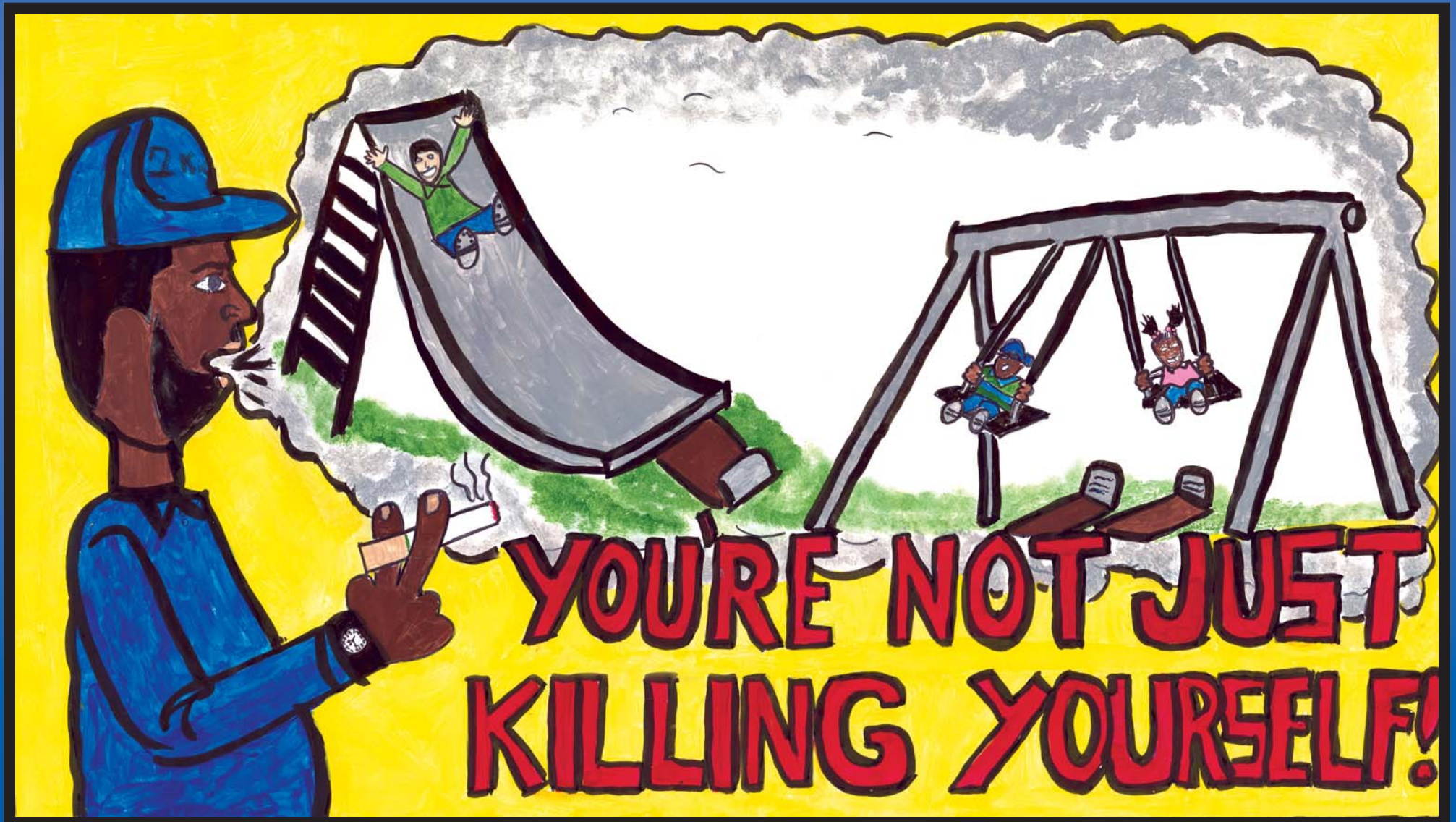


Artwork:
Kia Gibbons, 12h Grade
Murrell Dobbins CTE



Quit Tip

Get moving! Exercise will help with cravings and make it easier to keep your weight down.

JUNE

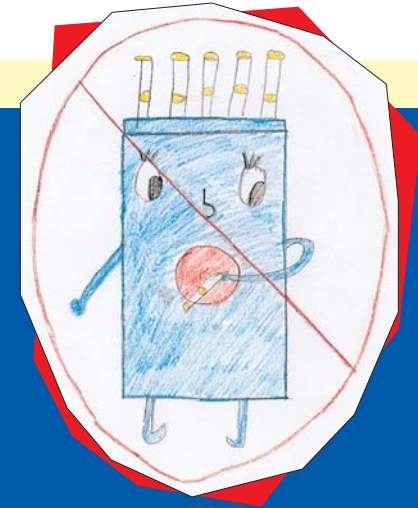
2009 JUNIO

Artwork:
Nicolette Retallick, 4th Grade
St. Monica School

| 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 | | | | | | |

| 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 | |

| 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 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Flag Day | 21 | 22 | 23 | 24 | 25 | 26 |
| Summer begins Father's Day | 27 | 28 | 29 | 30 | <p>Quit because: Within 24 hours of quitting, your chance of a heart attack will decrease.</p>  | |



“That’s like two jumbo jets crashing and everybody being killed every day.”

— former U.S. Surgeon General C. Everett Koop on what he thinks about the number of smoking-related deaths each year.



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

NOTES/NOTAS:

Artwork:
Naiomi Webb, 10th Grade
S. A. Douglas High School