

If you could see your future, which future would you pick?

One where you:

live your dream  
(or)  
smoke tobacco?



MAKE THE RIGHT CHOICE.  
DON'T SMOKE!

Artwork:  
Erica Forstater, 8th Grade  
W. H. Ziegler Elementary School

## Quit Tip

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

# NOVEMBER

2009 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  Daylight Savings Time ends	2 ☉	3	4	5	6	7
8	9 ☾	10	11  Veterans Day	12	13	14
15	16 ●	17	18	19  Great American Smokeout	20	21
22	23	24 ☾	25	26  Thanksgiving Day	27	28
29	30	<p><b>Quit because:</b> Your food will smell and taste better.</p>  <p>Artwork: Jenna Severa, 3rd Grade Nazareth Academy Grade School</p>				



Artwork:  
Julian Holiday, 9th Grade  
Murrell Dobbins CTE

**“Smoking is hateful to the nose, harmful to the brain, and dangerous to the lungs.”**  
— King James I



Free prevention and quit info:  
**(215) 683-LIVE**  
[www.smokefreephilly.org](http://www.smokefreephilly.org)

NOTES/NOTAS:

---



---



---



---



---



---