

Artwork:
Tai Baucom, 7th Grade
Philadelphia Performing Arts
Charter School

Quit Tip

When cravings hit, hang in there. Cravings usually pass within a few minutes.

March / marzo						
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			

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					

APRIL

2010

ABRIL

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

thursday jueves

friday viernes

saturday sábado

Quit because:

Within eight hours of quitting, the oxygen level in your blood will increase to normal.

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Easter

World Health Day
National Public Health Week begins

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Earth Day

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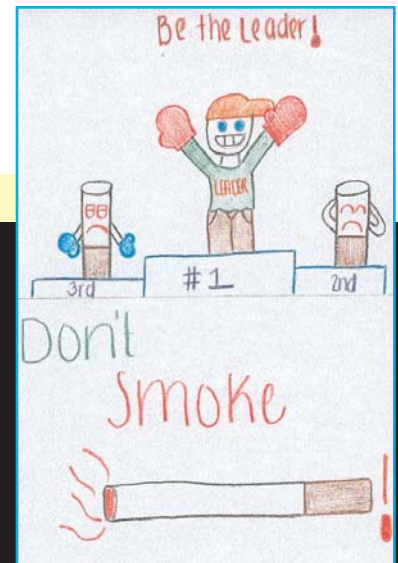
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Artwork:
Angelique Parks, 12th Grade
Parkway West High School

Around the World

Kazakhstan outlaws smoking in public places in April 2003.

Malta outlaws smoking in all enclosed public spaces in April 2004.



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

NOTES/NOTAS:
