

Artwork:
Michele Anzabi, 3rd Grade
Nazareth Academy
Grade School

IF YOU DON'T WANT TO LOOK
LIKE ME STOP SMOKING!
IF YOU DON'T SMOKE
DON'T START!

STRESS
RAPID HEART BEAT
↑ BLOOD PRESSURE
PNEUMONIA
EMPHYSEMA

CANCER OF THE
MOUTH, THROAT,
ESOPHAGUS, STOMACH
HEART ATTACKS
STROKE



I am 40 years old, but I look like 70.
My clothes and hair stink, my fingers
are stained yellow, my teeth are brown.
I don't have enough air in my lungs. Even
my son doesn't like being around me when
I smoke. I need to stop smoking!

Quit Tip

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

AUGUST

2010

AGOSTO

Artwork:
Shantalla Smith, 9th Grade
Charter High School for
Architecture & Design



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

1	2	3 ☾	4	5	6	7
8	9 ●	10	11 Ramadan begins at sundown	12	13	14
15	16 ☾	17	18	19	20	21
22	23	24 ○	25	26	27	28

Around the World

Denmark outlaws smoking in hospitality facilities, bars, restaurants, clubs, public transport, and all private and public workplaces in August 2007.

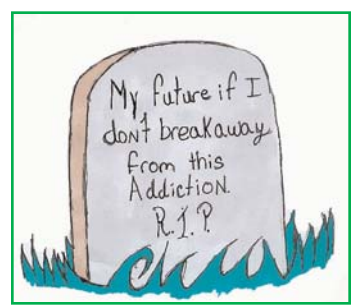
Sao Paulo outlaws smoking in bars, restaurants and offices across the Brazilian state in August 2009.



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

29	30	31
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Quit because:
Within two weeks to three months of quitting, your lung function will increase up to 30 percent.



Artwork:
Christopher Williams, 11th Grade
Thomas Fitzsimons High School

NOTES/NOTAS:
