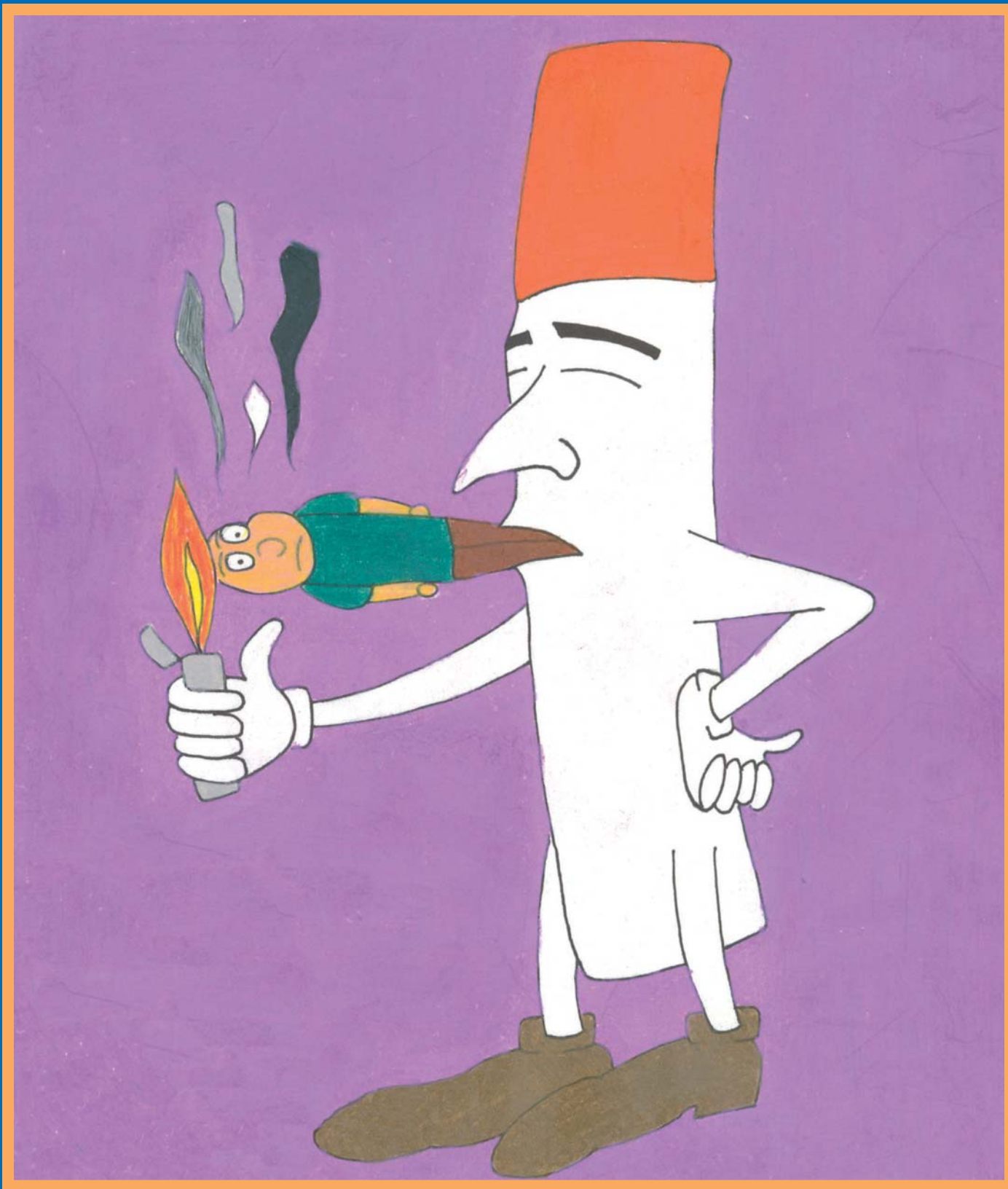


Artwork:
Daniel Thai, 8th Grade
Philadelphia Performing
Arts Charter School



Quit Tip

Pick a quit day and mark it
on your calendar.
Avoid holidays and high-stress
times at home or work.

December / diciembre • 2009

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		

February / febrero

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						

JANUARY

2010 eNeRO

Artwork:
Andrew King, 8th Grade
Nazareth Academy Grade School

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

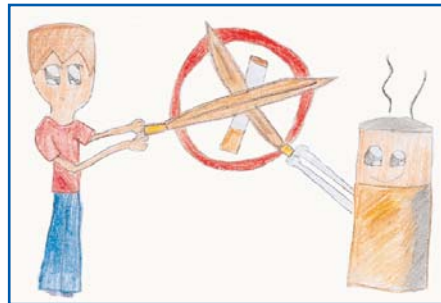
thursday jueves

friday viernes

saturday sábado

Quit because:

When you quit, you lower your risk of lung cancer, heart disease, stroke and other illnesses.



Artwork:
Tina Lin, 4th Grade
Gen. George A. McCall School

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New Year's Day

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WAIT UP GUYS!



Around the World

Philadelphia implements the Clean Indoor Air Worker Protection Law in January 2007. The law prohibits smoking in most enclosed public spaces.

Lithuania bans smoking in restaurants, bars and night-clubs in January 2007.



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

NOTES/NOTAS:
