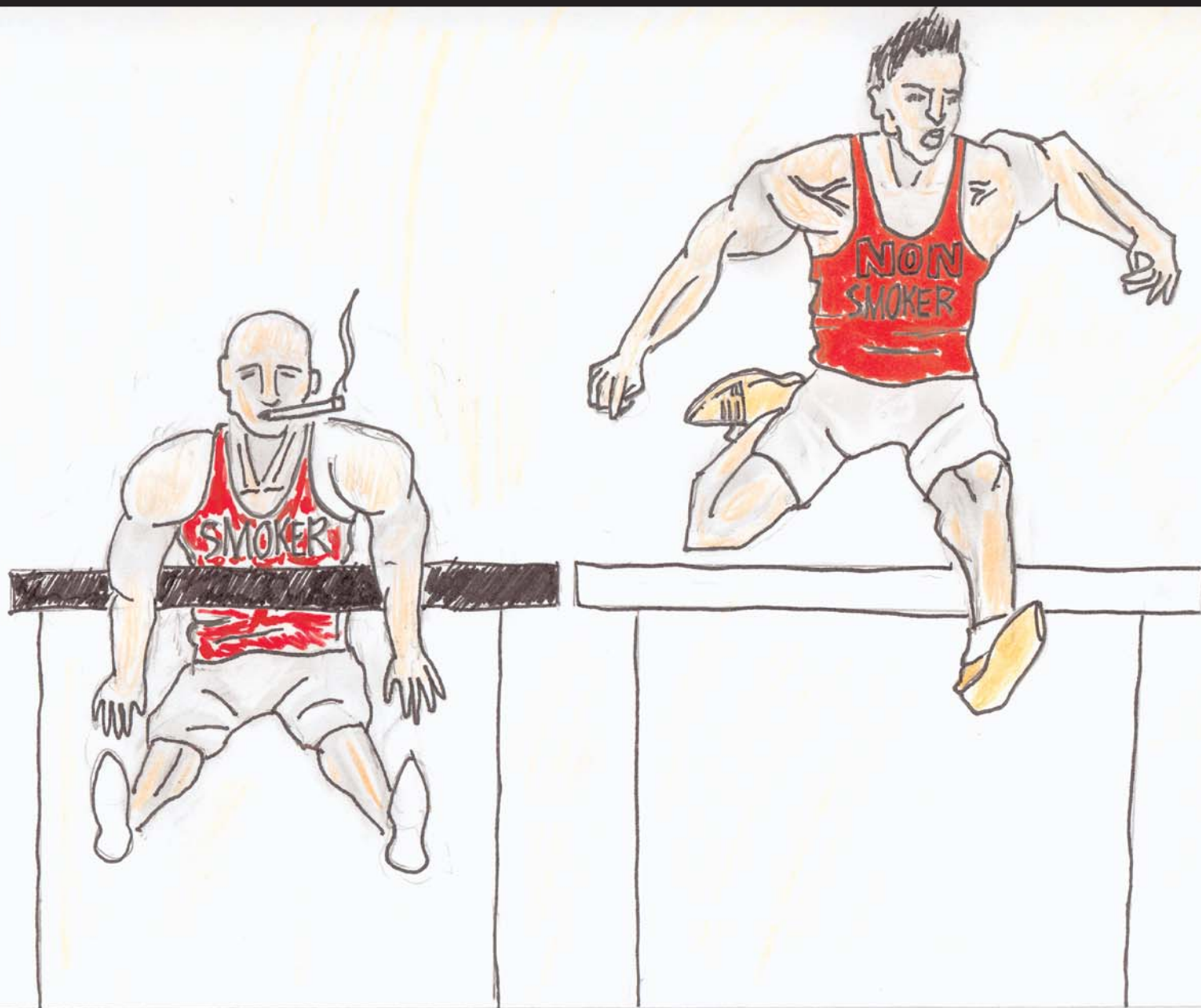


Artwork:
Kenny Cheng, 8th Grade
Holy Redeemer Chinese
Catholic School



A Smoker cannot leap over his obstacles.

Quit Tip

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

JUNE

2010 JUNIO

Artwork:
Christina Duong, 4th Grade
Laura H. Carnell 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
Quit because: Within 24 hours of quitting, your chance of a heart attack will decrease.		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
	Flag Day						
20	21	22	23	24	25	26	
Father's Day	Summer begins						
27	28	29	30				

Around the World

Norway outlaws smoking in public buildings and in private buildings that are open to the public in June 2004.

June 13, 2008:
The Pennsylvania Clean Indoor Air Act is signed by Governor Edward G. Rendell. The law takes effect on September 11, 2008.



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

NOTES/NOTAS:

Artwork:
Shaquanna Zeigler, 7th Grade
Allen Ethan School