



Artwork:
Dario Weldon, 7th Grade
Philadelphia Performing Arts
Charter School

Quit Tip

Try chewing on fresh ginger, cinnamon sticks or tea tree toothpicks to help you deal with cravings.

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		

November / noviembre

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				

OCT@BER

2010 OCTUBRE

sunday domingo

monday lunes

tuesday martes

wednesday miércoles

thursday jueves

friday viernes

saturday sábado

Quit because:

Within one to nine months of quitting, you will have less congestion, less fatigue and less shortness of breath.



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



Artwork:
Malik Sylla, 7th Grade
Barratt Norris S. Middle School

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Columbus Day

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Halloween

Around the World

Bermuda outlaws smoking in all enclosed workplaces, including restaurants, bars, private clubs and hotels, in 2006.

India outlaws smoking in the workplace and other public places in October 2008.



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

NOTES/NOTAS:
