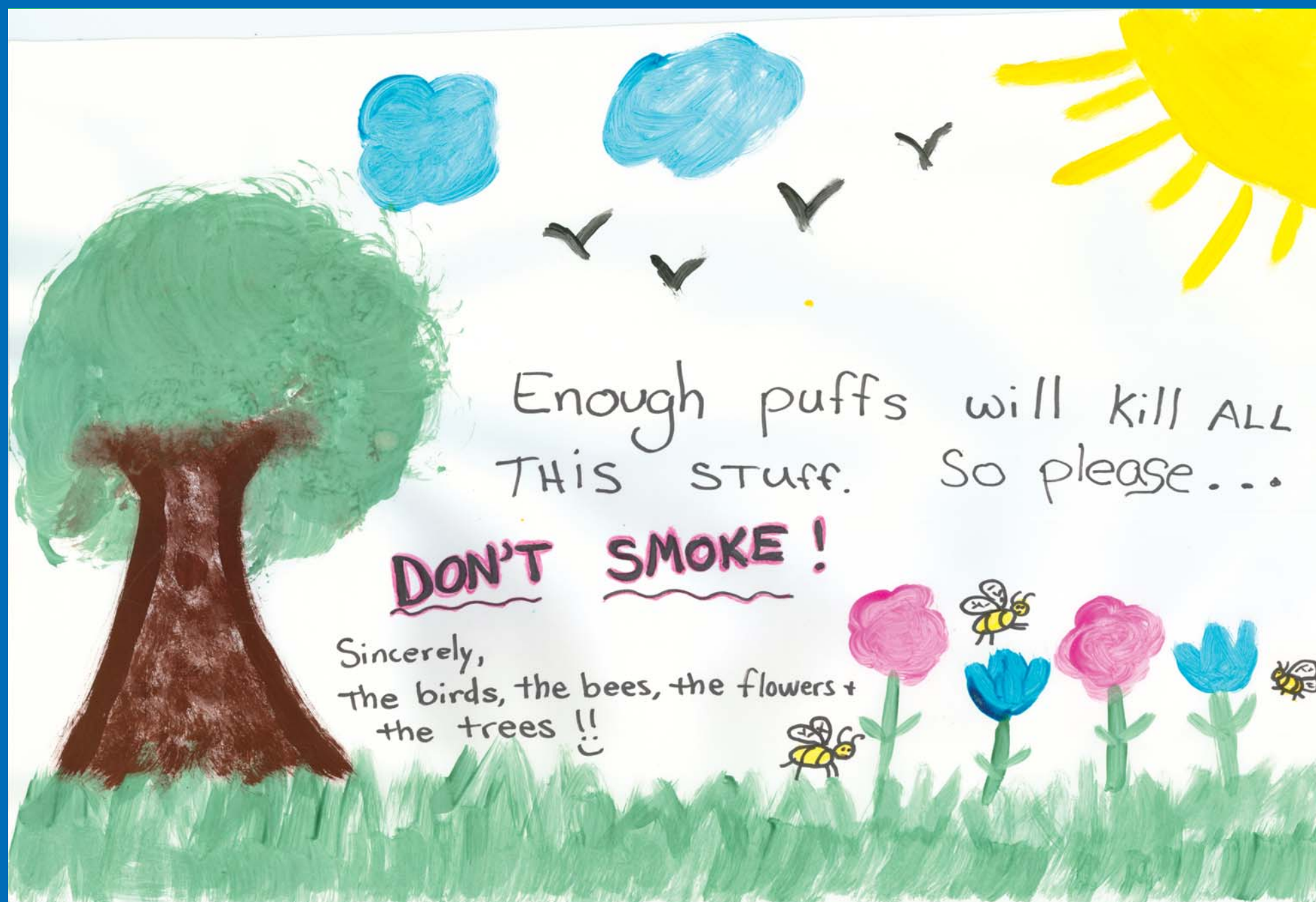


Artwork:
Amirrah Wilkins, 4th Grade
Belmont Charter School



Quit Tip

Take a deep breath. Focus on the positive changes that are happening to your body.

SEPTEMBER

2010 SEPTIEMBRE

| August / agosto | | | | | | |
|-----------------|----|----|----|----|----|----|
| 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 | | | | |

| October / octubre | | | | | | |
|-------------------|----|----|----|----|----|----|
| 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: You will have whiter teeth and fresher breath. Your clothes and hair will not smell like smoke. | | 1 ☾ | 2 | 3 | 4 |
| 5 | 6 Labor Day | 7 | 8 ● | 9 Rosh Hashanah begins at sundown | 10 |
| 12 | 13 | 14 | 15 ☾ | 16 | 17 |
| 19 | 20 | 21 | 22 | 23 ○ | 24 |
| 26 | 27 | 28 | 29 | 30 ☾ | |



Artwork:
Sovandara Thun, 10th Grade
Furness High School

Around the World

The Federation of Bosnia and Herzegovina outlaws smoking in public buildings in September 2007.

Niger issues a decree banning smoking in public places in September 2008.

Yom Kippur begins at sundown



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

NOTES/NOTAS:
