

Artwork:  
Kirsten Schneider, 7th Grade  
Nazareth Academy Grade School



## Quit Tip

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

# SEPTEMBER

## 2009 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

		1	2	3	4 ☉	5
6	7 <i>Labor Day</i>	8	9	10	11 ☾	12
13	14	15	16	17	18 ●	19
20	21	22	23	24	25 <i>Rosh Hashanah begins at sundown</i>	26 ☾
27	28	29 <i>Autumn begins</i>	30	<b>Quit because:</b> You will have whiter teeth and fresher breath. Your clothes and hair will not smell like smoke.		
<i>Yom Kippur begins at sundown</i>						



Artwork:  
Sothea Pang, 10th Grade  
Furness High School

### REMEMBERING

**September 14, 2006**  
Texas Governor (and smoker)  
Ann Richards, 73, died of  
esophageal cancer.



Free prevention and quit info:  
**(215) 683-LIVE**  
[www.smokefreephilly.org](http://www.smokefreephilly.org)

NOTES/NOTAS:

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