I choose sports not tobacco

I choose to change!



Here are things I can choose to do:

- If I smoke, I will ask to my doctor to help me quit.
- If I chew tobacco, I will ask my doctor to help me quit.
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit.
- If I do not use tobacco, I choose not to start.
- I will ask people not to smoke around me.

Special Olympics

Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose sports not tobacco

Here are things I can choose to do:

- If I smoke, I will ask to my doctor to help me quit.
- If I chew tobacco, I will ask my doctor to help me quit.
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit.
- If I do not use tobacco, I choose not to start.
- I will ask people not to smoke around me.

I choose to change!



Special Olympics

Health Promotion



I choose sports not tobacco

Here are things I can choose to do:

- If I smoke, I will ask to my doctor to help me
- If I chew tobacco, I will ask my doctor to help me quit.
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit.
- If I do not use tobacco. I choose not to start.
- I will ask people not to smoke around me.

I choose to change!



Special Olympics

Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission

I choose sports not tobacco

Here are things I can choose to do:

- If I smoke, I will ask to my doctor to help me
- If I chew tobacco, I will ask my doctor to help me auit.
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit.
- If I do not use tobacco, I choose not to start. **Health Promotion**
- I will ask people not to smoke around me.

I choose to change!



Special Olympics

