

# 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**



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