

ONE DAY AT THE RESTAURANT...



HOW
IS YOUR
NEW YEAR'S
RESOLUTION
GOING?



JUST
OK....QUITTING
SMOKING IS HARDER
THAN I THOUGHT!!



I HEAR
YOU,
NISHIIMISH!



I
QUIT
SMOKING 2
YEARS AGO. AT
FIRST IT WAS
HARD BUT I'M
GLAD I DID
IT.



I FEEL
HEALTHIER. AND
I'VE SAVED A LOT
OF MONEY!



A MONTH LATER...



STILL
SMOKE-
FREE?

NIIHII!!



I KNOW I
CAN DO IT WITH
HELP FROM MY
FRIENDS AND
FAMILY !!!



THE CREE HEALTH BOARD
WISHES YOU AND YOUR
FAMILY A HAPPY AND
HEALTHY 2014!

ARE YOU A STUDENT INTERESTED IN
GETTING TRAINED TO BE A TOBACCO
REDUCTION PEER EDUCATOR? CONTACT
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