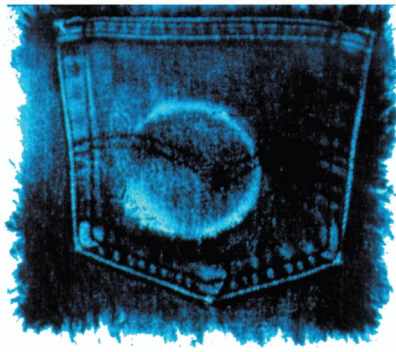


Join the Great American Spit Out: Be Through With Chew!



First Warning Sign of Cancer.

Spit Tobacco: Not A Safe Alternative

For FREE help
quitting, call:
1-800-784-8669
(1-800-QUIT-NOW)
Or visit:
TryToStopNH.org

Did you know that...
More than 1 in 10 North Country High School
students use chewing tobacco regularly?
Chew is not a safe alternative to smoking.

Through With Chew Week: February 17th-23rd
Great American Spit Out: Thursday, February 21st



For more information on the dangers of chew, contact Diana Gibbs at
dgibbs@nchenh.org or by phone at 259-3700 ext. 222.