**KNOWLEDGE IS POWER**

”That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong”. William J H Boetcker

**Got Health?**



Over time, your brain adjusts to the stimulation ("buzz") from nicotine and lowers your natural energy level or mood. You may then start to crave a cigarette for a boost. The more you smoke the more nicotine you need to feel good. Soon, your body craves nicotine to feel "normal." Being without nicotine for even a few hours can cause withdrawal symptoms like headaches, depression, anger, anxiety, and problems sleeping.

**FACT:**

<http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/addicted-dependant_e.php\>

**Trust your instincts. Stick up for yourself.**

**Say no to anything that does not help you to reach your amazing potential.**



**Make your life choices based on sound knowledge.**