

Name: _____

Date: _____

Smoking Cessation

M I P G X Z U J M I B T F A Q S C C M U N H H W
I M P R O V E D C I R C U L A T I O N S L O T W
T E D O C O R O N A R Y H E A R T D I S E A S E
W O B Q F X Z S M O K I N G C J I C F D E Y I K
S E M A W N P I J K W V P F Q F T Z W Z M Q Q L
X A T N E T P S J W D R B E C D E V T C K W Q X
T E X C D T S M A E R D D I V I V Q X I S J Y I
S U K P I H P V S J U I M D K R E P E I I G S D
M W G X X O N Y L H F P A F R Q Q D H S R M B A
O K N N O J J F Q H V Y A O B Y P M G G E R O D
R S I O N K V I S U A L I Z A T I O N A K N Q N
U I H I O L K S R X O C A S N W U P Q Y O F Q W
N R T T M C H S R Z L I Z W O M K U H E R K I S
Y E A A N K R W T C I G A R E T T E Y G T I B X
O K E X O Y G R P N K G Y N W H U M G Z S P G T
U O R A B C K S F P L J F I Q W S O Q E D A G F
S R B L R K H Z S I F P N C Y G G Z U Q E T E W
D T P E A C E Z T X Z G A O L K N G R W S C R U
M S E R C E J R R Z J B R T Y I I K G B A H T K
H R E E O R W R E G Z J Y I H B V L Y E E N H S
I E D J C W K E S P P M B N I F A C W F R Y E K
G W W U H I B V S D D H S E U X R M P B C L X D
N O T K B K N I V F P H U I G W C K S X E S M Y
Y L R T U V B U T K A V Q N U K I W W R D M L A

coronary heart disease
lower stroke risk
visualization
cigarette
smoking

decreased stroke risk
carbon monoxide
vivid dreams
cravings
stress

improved circulation
deep breathing
relaxation
nicotine
patch