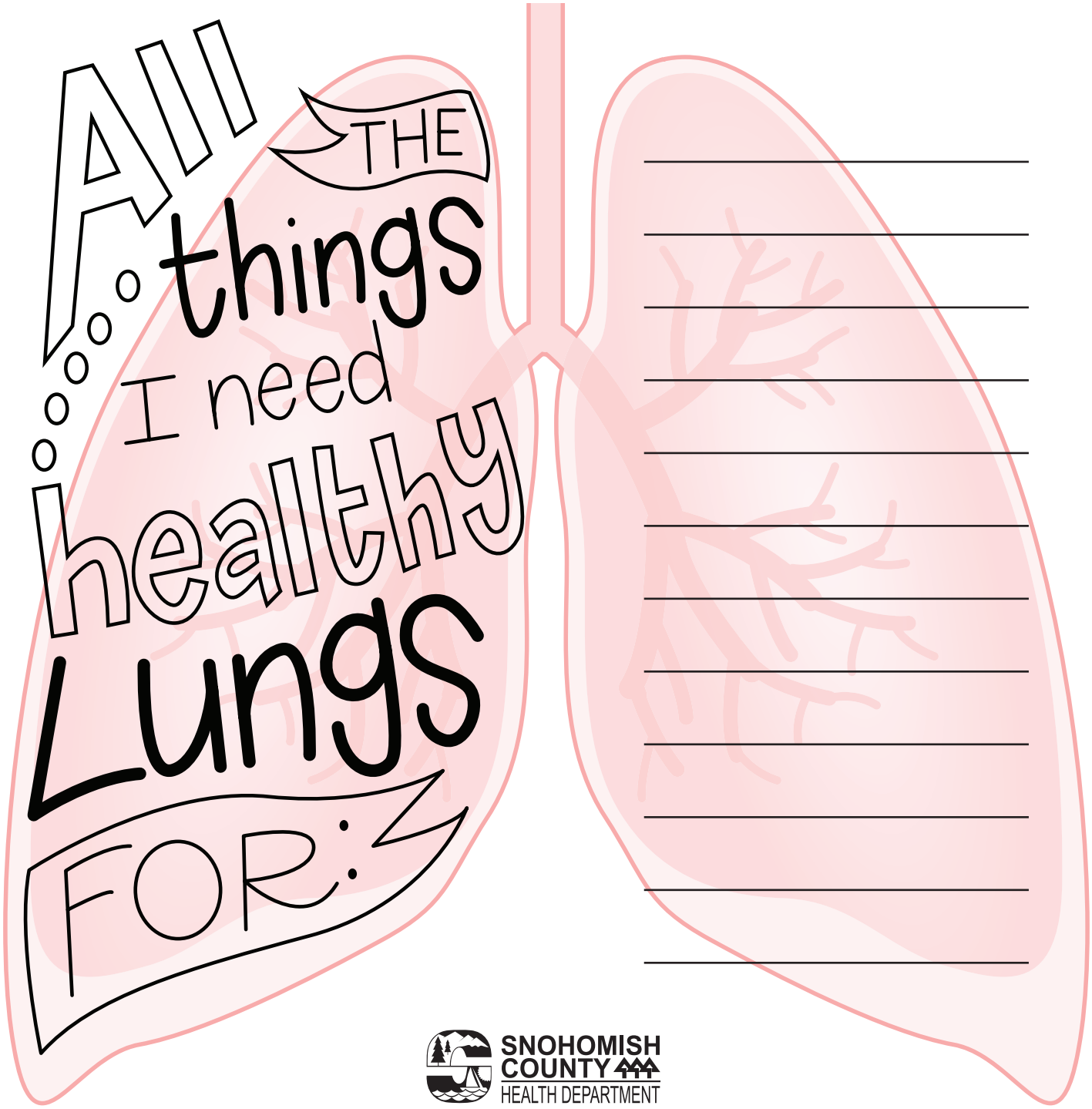
HEALTH TREK
Week 12

Breathing Easy: Living Smoke-Free

Lungs help your body work properly by giving you oxygen and removing carbon dioxide. Below, write a list of the things that healthy lungs can help you do.



SNOHOMISH COUNTY HEALTH DEPARTMENT

www.snohd.org/healthtrek Some activities adapted from ABC's of Healthy Kids: www.snohd.org/healthykids