**Opgave**

**ark**

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|  | **Kvit smøgerne** |

|  |  |
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| **Øvelse****1** | **Om at holde op med en vane** |



<http://www.cancer.dk/NR/rdonlyres/E1BD549A-4679-439D-A5B4-D614D2F8B1CD/0/Overheads_web.pdf>

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| **Fordele og ulemper ved rygestop****Øvelse****2** |



<http://www.cancer.dk/NR/rdonlyres/55ABCBCA-95A7-4629-866D-466569E95C02/0/3_Overvej.pdf>