

Physical Health Resources

Scan with your camera app to view these resources & more on Cap4Kids.org

Oral Health and Dental Resources in Philadelphia

Listings of local dentists, dental handouts, and more.

Asthma Resources

Information about asthma and how to manage it.

Smoking Cessation Resources

There are a variety of resources available if you are ready to quit smoking, including:

Free Quitline: 1-800-QUIT-NOW (1-800-784-8669)

SmokeFreeTXT: Text “QUIT” to 47848

Other FREE resources include: Eye Care, Gym Memberships, Mindfulness and Meditation, Reproductive Health, and MORE!!

