







Date	ThemeBucket	So what?	Post (copy)	BudURL	Link	Photo
5/2/2016	Cessation	Arthritis Awareness Month	Call 1-800-QUIT-NOW or visit <a href="http://www.quitnow.net/oregon/">www.quitnow.net/oregon/</a>			
5/3/2016	Environment	Clean Air Month	As we regognize Clean Air Month, learn more about the harmful effects of tobacco production. <a href="http://bit.ly/1UBmbt8">http://bit.ly/1UBmbt8</a>		<a href="https://www.pdx.edu/healthy-campus/sites/www.pdx.edu.healthy-campus/files/Environmental_Impacts.3.7.13.pdf">https://www.pdx.edu/healthy-campus/sites/www.pdx.edu.healthy-campus/files/Environmental_Impacts.3.7.13.pdf</a>	
5/4/2016	Disparities	Showing disparities between LGBT populations and smoking rates.	See how Big Tobacco targets the LGBT community, and what you can do: <a href="http://smokefree.gov/lgbt-and-smoking">http://smokefree.gov/lgbt-and-smoking</a>	<a href="http://1.usa.gov/1MFbUXa">http://1.usa.gov/1MFbUXa</a>	<a href="http://smokefree.gov/lgbt-and-smoking">http://smokefree.gov/lgbt-and-smoking</a>	

5/8/2016 Seasonal	Mother's Day themed post				 <p>WISHING YOU ALL A HAPPY, HEALTHY AND SMOKEFREE MOTHER'S DAY!</p>
5/9/2016 Youth 5/10/2016 Partner Post	Explaining the health effects of secondhand smoke, and how many children are affected.	Learn more: <a href="http://bit.ly/1S028FV">http://bit.ly/1S028FV</a>	<a href="http://bit.ly/1S028FV">http://bit.ly/1S028FV</a>	<a href="http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html?referrer=https://www.google.com/?referrer=https://www.facebook.com/">http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html?referrer=https://www.google.com/?referrer=https://www.facebook.com/</a>	 <p>37 PERCENT OF CHILDREN IN THE U.S. HAVE BEEN EXPOSED TO SECONDHAND SMOKE.</p>
5/11/2016 Environment	Showcasing smokefree areas in our state and highlighting the good work of our partners.	Stock up on fresh produce and fresh air: <a href="http://bit.ly/1YdO1ep">http://bit.ly/1YdO1ep</a>	<a href="http://bit.ly/1YdO1ep">http://bit.ly/1YdO1ep</a>	<a href="http://smokefreeoregon.com/what-you-can-do/lane-county-2/">http://smokefreeoregon.com/what-you-can-do/lane-county-2/</a>	 <p>THE SPRINGFIELD FARMERS' MARKET IN LANE COUNTY IS SMOKEFREE!</p>
Join the SF 5/13/2016 Community	Showcasing SFO heroes from across the state.	All Samaritan Health Services campuses became tobacco-free in 2009. See why.	<a href="https://www.youtube.com/watch?v=t-b3gnw0WKA">https://www.youtube.com/watch?v=t-b3gnw0WKA</a>	<a href="https://www.youtube.com/watch?v=t-b3gnw0WKA">https://www.youtube.com/watch?v=t-b3gnw0WKA</a>	<a href="https://www.youtube.com/watch?v=t-b3gnw0WKA">https://www.youtube.com/watch?v=t-b3gnw0WKA</a>



WISHING YOU ALL  
A HAPPY, HEALTHY  
AND SMOKEFREE  
MOTHER'S DAY!

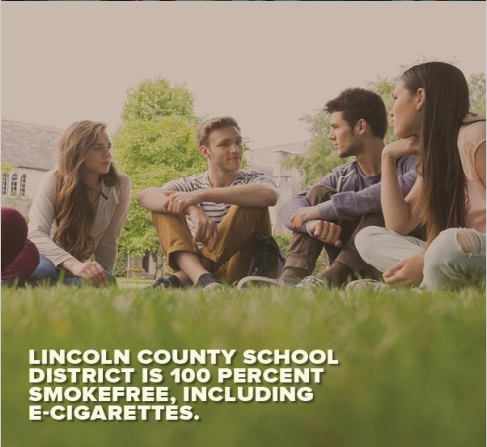





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5/16/2016	Cessation	Asthma Awareness Month	When you're ready to quit, call 1-800-QUIT-NOW or visit <a href="http://www.quitnow.net/oregon/">www.quitnow.net/oregon/</a>		
5/17/2016	Youth	Youth and the tobacco retail environment in Oregon.	Did you know? <a href="http://bit.ly/1lsmNv">http://bit.ly/1lsmNv</a>	<a href="http://bit.ly/1lsmNv">http://bit.ly/1lsmNv</a>	<a href="http://smokefreeoregon.com/the-challenge/kids-and-young-adults/">http://smokefreeoregon.com/the-challenge/kids-and-young-adults/</a>
5/18/2016	Environment	Showcasing smokefree areas in our state and highlighting the good work of our partners.	Learn more: <a href="http://bit.ly/1ozs3Xb">http://bit.ly/1ozs3Xb</a>	<a href="http://bit.ly/1ozs3Xb">http://bit.ly/1ozs3Xb</a>	<a href="http://smokefreeoregon.com/what-you-can-do/lincoln-county-2/">http://smokefreeoregon.com/what-you-can-do/lincoln-county-2/</a>
5/20/2016	Join the SF Community	Heroes videos from around the state. Highlighting smokefree parks now that weather is getting nicer.	It started at a new playground for kids and soon spread. See how all parks in Roseburg became smokefree.	<a href="https://www.youtube.com/watch?v=HqWMGfW05XY">https://www.youtube.com/watch?v=HqWMGfW05XY</a>	<a href="https://www.youtube.com/watch?v=HqWMGfW05XY">https://www.youtube.com/watch?v=HqWMGfW05XY</a>



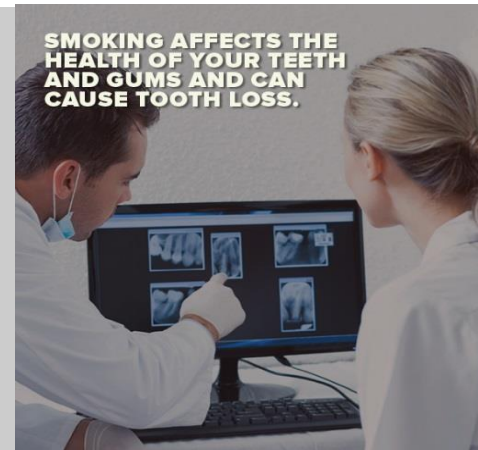
5/23/2016 Youth 5/24/2016 Partner Post	Showing the impact of Big Tobacco on Oregon's youth.	That's more than graduated from all public high schools in Medford, Bend and Pendleton.	<a href="http://bit.ly/1MQCAZx">http://bit.ly/1MQCAZx</a>	<a href="http://smokefreeoregon.com/the-challenge/">http://smokefreeoregon.com/the-challenge/</a>	
5/25/2016 Real Cost	Tobacco affects all Oregonians.	Get the full break-down:	<a href="http://bit.ly/1mNoXHO">http://bit.ly/1mNoXHO</a>	<a href="http://smokefreeoregon.com/the-challenge/the-real-cost/">http://smokefreeoregon.com/the-challenge/the-real-cost/</a>	
5/27/2016 Environment	Showcasing smokefree areas in our state and highlighting the good work of our partners.	Learn more about smokefree areas in our community and how you can get involved:	<a href="http://bit.ly/1qoASol">http://bit.ly/1qoASol</a>	<a href="http://smokefreeoregon.com/what-you-can-do/morrow-county-2/">http://smokefreeoregon.com/what-you-can-do/morrow-county-2/</a>	
5/30/2016 Memorial Day	Brian served in the military, where he started smoking cigarettes. This is his story (TIPS)	As we recognize Memorial Day, hear Brian's story:	<a href="http://1.usa.gov/1QDG7KB">http://1.usa.gov/1QDG7KB</a>	<a href="http://www.cdc.gov/tobacco/campaign/tips/stories/brian-heart.html">http://www.cdc.gov/tobacco/campaign/tips/stories/brian-heart.html</a>	<a href="http://1.usa.gov/1QDG7KB">http://1.usa.gov/1QDG7KB</a>



5/31/2016 Cessation

Showing health  
effects of tobacco use.

Give yourself something  
to smile about. Call 1-  
800-QUIT-NOW or visit  
[www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



**SMOKING AFFECTS THE  
HEALTH OF YOUR TEETH  
AND GUMS AND CAN  
CAUSE TOOTH LOSS.**