

Social Media Calendar

October 2017

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| **Date**  | **Post Copy** | **Links** |
| Dec. 1 | Indigenous wisdom is key to maintaining health in our communities and balance in our biosphere. #ClimatehealthOR #climatechangeshealth | <http://www.publichealthnewswire.org/?p=19344> |
| Dec. 4 | What can planting a million trees do? Absorb carbon. Clean the air. Collect storm water in the winter. Create shade in the summer. Improve livability. Create green jobs. Trees are the ultimate multi-tasker! #ClimatehealthOR #Intertwine #treeforall #friendsoftrees | <http://live-stateoftheintertwine.pantheonsite.io/>  |
| Dec 6 | Oregon Governor Kate Brown recently returned from global climate talks in Bonn, Germany. The Pacific Coast Collaborative made it clear that the West Coast is “still in”. #climatehealthOR #pccleads | <https://www.youtube.com/watch?v=_vGTeJ6L6Wo>  |
| Dec. 8 | We live in a time of accelerating change. It causes stress in our bodies and in the systems that support us. How do we take a “trauma-informed” approach to global stressors like climate change?*(Note: article set to publish on blog 12/5)* | <https://traumainformedoregon.org/blog/>  |
| Dec. 12 | How do we move from an extractive economy to a regenerative and inclusive economy? The Oregon Just Transition Alliance is leading the way in Oregon. #ClimatehealthOR #JustTransition #OPAL #climatejustice | <https://www.youtube.com/watch?v=NeP5kG6J4JU>  |
| Dec. 14 | Do you know the carbon footprint of what you eat? Eating less red meat is exceptionally beneficial to both the environment and your health! #climatehealthOR  | <https://s3.amazonaws.com/spoonuniversi-wpengine/spoonuniversi/wp-content/uploads/2016/03/C_Environment_Food.jpg>  |
| Dec 18 | The mindful climate action project combines a mindfulness-based stress reduction training with education on climate change. #climatehealthOR #mindfulclimateaction  | <https://www.youtube.com/watch?v=IBHJ7hW6VlQ>  |
| Dec 20 | Oregon faces scute impacts from climate change, according to researchers at Oregon State University. #climatehealthOR #occri  | <https://www.youtube.com/watch?time_continue=54&v=qzB2oTqEYQU>  |
| Dec. 21 | Merry Winter Solstice! Here is a message from our world’s astronauts. #climatehealthOR #nownottomorrow #wearestillin  | <https://www.youtube.com/watch?v=NN1eSMXI_6Y>  |
| Dec. 27 | Will 2018 continue the trends in extreme weather events in the Pacific Northwest? #climatehealthOR | <https://weather.com/news/weather/news/pacific-northwest-most-extreme-weather-region-2017>  |