	Smokefree Oregon Facebook Calendar - December 2019				
Date	Themes	Post Copy	Visual	Link	
			No Safe Tobacco		
			All tobacco products, including vape, can harm your health. Quit for good.		
12/2	Cessation Monday	<b>DID YOU KNOW:</b> Every Juul pod contains 20 cigarettes worth of nicotine? If you want to quit vape for good, call the Oregon Quit Line to get free help. Call 1-800-QUIT-NOW or visit quitnow. net/Oregon.	1.800.QUIT.NOW SMOKEFREE OF GOD		
12/2	Vaping Adolescent Health	Congratulations, Massachusetts, for protecting kids with a ban on ALL flavored vape and tobacco products including menthol and increasing the fine for tobacco retail sales to minors!!! @massgov		https://cnb.cx/2KYFpKQ	
12/3	Adolescent Health	#Wehearyou when you ask "How does a tobacco retail license protect kids?", so let's break it down:   A retail license means retailers are better educated about tobacco laws and face real penalties for selling tobacco to kids.  Result? Kids have less access to tobacco, protecting them from addiction and disease.	CONVENIENCE STORE	http://bit.ly/20NixPr	

Date	Themes	D 10		
		Post Copy	Visual	Link
2	Horoscopes Nov 22- Dec 21	Sagittarius: Always looking for an adventure, don't let the frosty weather hold you back! * This month, engage your curiousity as you seek smokefree hobbies. When you quit, #treatyoself to something fabulous you haven't been able to afford before.	SMOKEFREE	
		Repost, update copy to say: Tobacco use in PG-13 movies has gone up 120% (that's more than double!) since 2010. Research shows that kids who see images of tobacco onscreen are more likely to start smoking. Have you noticed an increase in tobacco use onscreen?	Smokefree Oregon Published by Hootsuite FIY-August 9 - ©  3 sillion. That's the number of tobacco impressions that Stranger Things, Season 3 delivered in just its first four days. It's no secret that kids who see images of tobacco use onscreen are more likely to start. A shout out to 44 Attorneys General—including Oregons— who are calling on media companies to reduce tobacco imagery in future original stemend content. http://ow.kiy/Gvws/90/12J  This Aracter TV Shov?  The People Reached  Engagements  1 Comment 2 Shares	
12/6			Smokefree Cregon Published by Notionally I'll January T'.   After 2 years, a cigarette but has only decomposed by 38% Research has shown it can take up to 12 years for but to fully decompose.  Source: National Center for Bildetechnology information https://bit.iy/2f-a/cDr  People Reached Engagements  1 Comment 3 Shares  Like Comment A Share  Most Relevant	

Smokefree Oregon Facebook Calendar - December 2019				
Date	Themes	Post Copy	Visual	Link
12/9	Cessation Monday	Want to quit smoking, vaping or other tobacco? Counseling + medicine means you're twice as likely to quit for good. All health insurance providers in Oregon cover services to help you quit tobacco. Call 1-800-QUIT-NOW or quitnow.net/Oregon.	1 YEAR  after you quit smoking, your risk of heart disease is cut in half.  1.800.QUIT.NOW  SMOKEFREE OF SON	
12/10	Movement Building	What a year 2019 has been! As we get closer to 2020, let's look at some milestones from the past year: like all of the properties that have adopted #smokefree and #tobaccofree policies!  Great job to @CityofOntarioOregon, @VARoseburg, @Woodburnparksandrec, @PDXQCenter, and @CityofPhilomath! Which properties do you hope will go tobacco-free in 2020?	2019  VA - VOUSERN CENTER CONSTRUCTION OF THE PROPERTY OF THE	
12/12	Adolescent Health	In their own words, these Oregon teens tell Sen. Wyden how the fruit and candy flavors of e-cigarettes make their peers think vapes are harmless – and they're worried about the fallout.		http://bit.ly/2Diob71

	Smokefree Oregon Facebook Calendar - December 2019				
Date	Themes	Post Copy	Visual	Link	
			Smokefree Oragon Polished by Hostbute ITI- December 4, 2018 - @  A gift idea that keeps giving: Clult smoking - for yourself, your family and friends. Visit http://www.quitnow.net or 1-800-QUIT-NOW #MotivationMonday  guitnow.net 1-800-QUIT-NOW  820 People Reached Engagements  Boost Post  A 4 Shares		
12/13	Cessation Monday		(Ď Like ☐ Comment ⇔ Share ● ▼		
12/16	Cessation	Ready to call it quits? We are here to help. Get free support to quit smoking, vaping or chewing, and to stay tobacco-free. Call 1-800-QUIT-NOW or visit quitnow.net/Oregon.	Nicotine=Poison  Break your addiction to cigarettes or vape. Free help for adults and youth.  1.800.QUIT.NOW  SMOKEFREE OPESON		
12/17	Vaping	#DYK Fact: The "vapor" from e-cigarettes is actually a chemical aerosol that includes cancer-causing chemicals like formaldehyde. The ONLY thing that should go into your lungs is fresh air.	SMOKEFREE	https://nbcnews. to/35IX0OV	

	Smokefree Oregon Facebook Calendar - December 2019					
Date	Themes	Post Copy	Visual	Link		
12/18	Adolescent Health	It's important to know how to talk about tobacco issues with your teen. Thank you @oregonpublicbroadcasting for these tips: ☆ Explain the health risks. ☆ Explain the link between vaping and Big Tobacco. ☆ Have an open dialogue. ☆ Teach, don't preach.	OPB.ORG  How To Talk To Teens About Vaping  Vaping has attracted a new generation to nicotine, and is fueling a dangerous outbreak of lung disease. If you're a parent of a teen you're probably worried. But what should you say to your kids?	http://bit.ly/2qEsg2J		
12/19	Health Awareness; Cessation	Is the stress this holiday season making it hard to stay quit? Take care of yourself by:  ❤□ Exercising □ Talking to your support system □ Using visualization techniques		http://bit.ly/33v6gVr		
12/20	Health Awareness; Adolescent Health	Juul spent large amounts of money sponsoring youth programs to harvest data about the children who attended. Unethical tactics like these have been used by Big Tobacco for decades.		https://yhoo.it/2QVcr2j		

	Smokefree Oregon Facebook Calendar - December 2019					
Date	Themes	Post Copy	Visual	Link		
12/23	Cessation Monday	Protect your loved ones. Quitting smoking and vaping protects the people around you—especially kids and babies—from colds, asthma attacks and more. Support is FREE with Oregon Health Plan. 1-800-QUIT-NOW or quitnow.net/Oregon.	5 YEARS  after you quit smoking, your risk of having a stroke is the same as a non-smoker.  1.800.QUIT.NOW  SMOKEFREE OF SON			
12/24	Adolescent Health	As we close out 2019, we're reflecting on tobacco prevention successes across the country – like how 12 more states raised the tobacco purchasing age to 21! Which state will be next???	2019  W W W W W W W W W W W W W W W W W W W			
12/25	Movement Building	In this season of giving, join Smokefree Oregon in giving the <b>GIF</b> t of a smoke-free future. #dadjoke Share this GIF to spread smoke-free cheer with friends and family!	SMOKEFREE OPESON			

Smokefree Oregon Facebook Calendar - December 2019					
Date	Themes	Post Copy	Visual	Link	
			Smokefree Oregon Published by # Sierra Durfee [7] - Ney 23, 2015 - © #DYK: Oregon was the first state in the U.S. to do a coast-wide beach cleanup. The number one item found? Cigarettes.		
40/00			Ridding Oregon Beaches of Cigarette Butts Poses a Challenge   Smokefree Oregon  30,456 752		
12/26	Cessation	As we approach the end of 2019, take a moment to reflect on your accomplishments of the past year. Did you quit smoking? Did you stick with your quit plan? Did you support a friend? Let us know below!	People Reached Engagements  SMOKEFREE OPESON		
12/31	Cessation	Happy NYE!!! To everyone making resolutions to quit tobacco in the new year: Call 1-800-Quit-Now to start 2020 strong and make a solid quit plan. You can do it!	Quitting is easier with help.  Call: 1-800-QUIT-NOW (1-800-784-8669)  Español: 1-855-DEJELO-YA (1-855-335356-92)  https://www.quitnow.net/oregon/		