
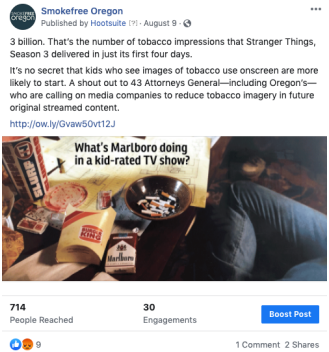






## Smokefree Oregon Facebook Calendar - December 2019

Date	Themes	Post Copy	Visual	Link
12/2	Cessation Monday	<p><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.</p>		
12/2	Vaping Adolescent Health	<p>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</p>		<a href="https://cnb.cx/2KYFpKQ_">https://cnb.cx/2KYFpKQ_</a>
12/3	Adolescent Health	<p>#Wehearyou when you ask "How does a tobacco retail license protect kids?", so let's break it down:</p> <ul style="list-style-type: none"> <li>✓ <input type="checkbox"/> A retail license means retailers are better educated about tobacco laws and face real penalties for selling tobacco to kids.</li> <li>✓ <input type="checkbox"/> Result? Kids have less access to tobacco, protecting them from addiction and disease.</li> </ul>		<a href="http://bit.ly/2ONixPr">http://bit.ly/2ONixPr</a>

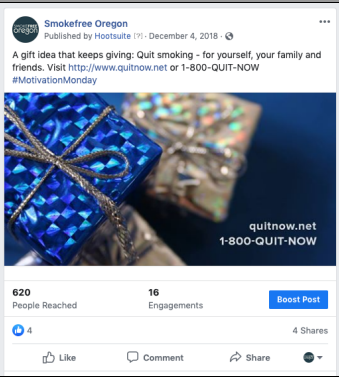

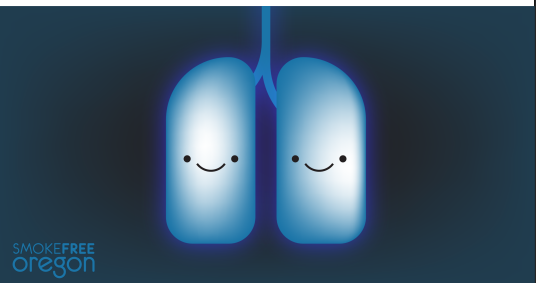
## Smokefree Oregon Facebook Calendar - December 2019

Date	Themes	Post Copy	Visual	Link
12/4	Horoscopes Nov 22- Dec 21 Cessation Monday	Sagittarius: Always looking for an adventure, don't let the frosty weather hold you back! * This month, engage your curiosity as you seek smokefree hobbies. When you quit, #treatyoself to something fabulous you haven't been able to afford before.		
12/5	Adolescent Health	<b>Repost, update copy to say:</b> 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?		
12/6				

## 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 <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a> .	 <p><b>1 YEAR</b> after you quit smoking, your risk of heart disease is cut in half.</p> <p>1.800.QUIT.NOW SMOKEFREE oregon</p>	
12/10	Movement Building	<p>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!</p> <p>Great job to @CityofOntarioOregon, @VARoseburg, @Woodburnparksandrec, @PDXQCenter, and @CityofPhilomath! Which properties do you hope will go tobacco-free in 2020?</p>	 <p>2019</p> <p>Logos for: OREGON, VA, WOODBURN recreation &amp; parks, CENTER, and a local government seal.</p> <p>SMOKEFREE oregon</p>	
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.	 <p>Photo showing several teenagers sitting at a table in a hearing room, with a Deschutes County logo on the wall behind them.</p>	<a href="http://bit.ly/2Diob71">http://bit.ly/2Diob71</a>

## Smokefree Oregon Facebook Calendar - December 2019

Date	Themes	Post Copy	Visual	Link
12/13	Cessation Monday			
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.		
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.		<a href="https://nbcnews.to/35IX0OV">https://nbcnews.to/35IX0OV</a>





## Smokefree Oregon Facebook Calendar - December 2019

Date	Themes	Post Copy	Visual	Link
12/18	Adolescent Health	<p>It's important to know how to talk about tobacco issues with your teen. Thank you @oregonpublicbroadcasting for these tips:</p> <ul style="list-style-type: none"> <li>☆ Explain the health risks.</li> <li>☆ Explain the link between vaping and Big Tobacco.</li> <li>☆ Have an open dialogue.</li> <li>☆ Teach, don't preach.</li> </ul>		<a href="http://bit.ly/2qEsg2J">http://bit.ly/2qEsg2J</a>
12/19	Health Awareness; Cessation	<p>Is the stress this holiday season making it hard to stay quit? Take care of yourself by:</p> <ul style="list-style-type: none"> <li>♥ <input type="checkbox"/> Exercising</li> <li><input type="checkbox"/> Talking to your support system</li> <li><input type="checkbox"/> Using visualization techniques</li> </ul>		<a href="http://bit.ly/33v6gVr">http://bit.ly/33v6gVr</a>
12/20	Health Awareness; Adolescent Health	<p>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.</p>		<a href="https://yhoo.it/2QVcr2j">https://yhoo.it/2QVcr2j</a>

## 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.	 <p><b>5 YEARS</b> after you quit smoking, your risk of having a stroke is the same as a non-smoker.</p> <p>1.800.QUIT.NOW SMOKEFREE oregon</p>	
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???	 <p>2019</p> <p>SMOKEFREE oregon TOBACCO 21 STATES</p>	
12/25	Movement Building	In this season of giving, join Smokefree Oregon in giving the <b>GIFt</b> of a smoke-free future. #dadjoke Share this GIF to spread smoke-free cheer with friends and family!	 <p>SMOKEFREE oregon</p>	

## Smokefree Oregon Facebook Calendar - December 2019

Date	Themes	Post Copy	Visual	Link
12/26				
12/30	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!		
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!	<p><b>Quitting is easier with help.</b></p> <p>Call: 1-800-QUIT-NOW (1-800-784-8669)</p> <p>Español: 1-855-DEJELO-YA (1-855-335356-92)</p> <p><a href="https://www.quitnow.net/oregon/">https://www.quitnow.net/oregon/</a></p>	