

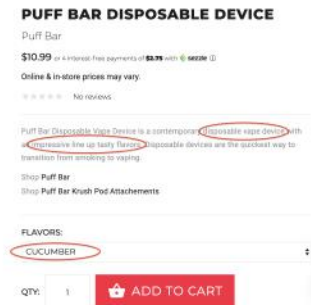





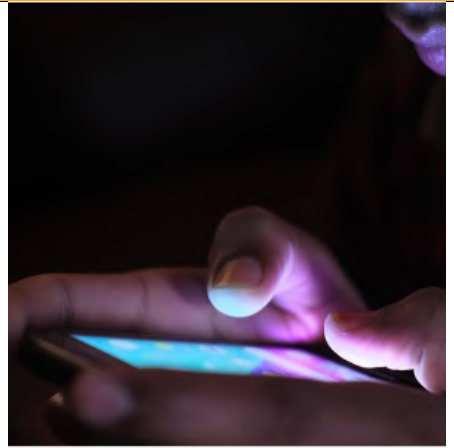
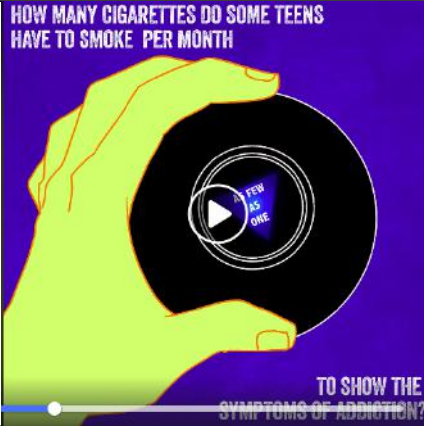






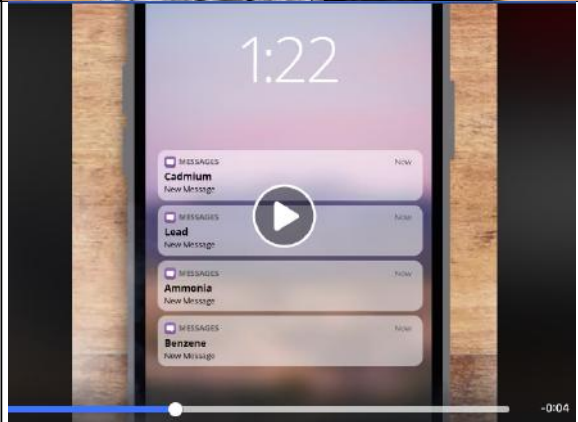
Smokefree Oregon Facebook Calendar - February 2020


Date	Themes	Post Copy	Visual	Link
Monday 2/3	Movement Building	Smokefree Oregon is excited to announce the launch of our new website! Learn what people in Oregon are doing to stop the tobacco industry and how you can get involved at www.smokefreeoregon.com .		
Tuesday 2/4	Cessation	<p>We are one month into 2020! Are you still on track with your New Year's resolutions? Maybe you quit smoking or made a plan to quit. If you've slipped up, don't worry—it's always the right time to try again!</p> <p>If you need help, free resources are available: call 1-800-QUIT-NOW or visit quitnow.net/Oregon</p>		
Wednesday 2/5	Vaping	What's flavored, disposable, and doesn't use pods? Big Tobacco is stooping to a new low as they try to get around FDA restrictions to keep selling flavored vapes. Visit our website to learn how you can fight back: www.smokefreeoregon.com/take-action		

Friday 2/7	Vaping	<p>#WeHearYou when you ask, “Aren’t vape clouds harmless water vapor?”, so let’s talk about what’s in that “cloud”!</p> <p>Heated e-liquids create an aerosol—not a vapor cloud. That aerosol contains harmful substances including:</p> <ul style="list-style-type: none"> o Nicotine o Tiny particles and flavorings o Volatile organic compounds o Cancer-causing chemicals o Heavy metals such as nickel, tin, and lead 	 <p>What is in e-cigarette aerosol?</p>	http://bit.ly/2PddzM3
Monday 2/10	Cessation Monday	<p>Here's some solid advice for your ♥ just in time for Valentines Day!</p> <p>If you quit smoking, the health effects are almost immediate:</p> <ul style="list-style-type: none"> - After 20 minutes, your blood pressure and heart rate recover from nicotine spikes - After 2 weeks, your circulation and lung function improve - After 1 year, your risk of heart disease is reduced by 50% <p>If you need help, free resources are available: call 1-800-QUIT-NOW or visit quitnow.net/Oregon</p>		http://bit.ly/2UvnlxD
Tuesday 2/11	Reshare from partner org (Real Cost)	<p><i>Ad copy:</i> Sometimes troublesome news is best delivered in a cute, fuzzy package. Luckily our friends at @KnowTheRealCost know catspeak.</p>		
Wednesday 2/12		<p>The tobacco industry tried to get around new FDA restrictions by introducing heavily discounted flavored vape products that are disposable and don’t use pods. “Buy 5, get 5 free,” is the perfect play to hook more customers on a lifetime of addiction.</p> <p>Visit the Smokefree Oregon website to learn more and fight back: www.smokefreeoregon.com/take-action</p>		
Thursday 2/13	Movement building	<p>Real people. Big impact. Head over to the new Smokefree Oregon website to see how people in Oregon are taking on Big Tobacco.</p>		www.smokefreeoregon.com

Friday 2/14	Environment	#DYK that today is Oregon's birthday? Take a big smoke-free breath, blow out the candles and make a wish for a tobacco-free future for everyone in Oregon! ☐		
Monday 2/17	Cessation Monday	Beth, a 15-year-old in Denver, started vaping in middle school. She quit after her friend became seriously ill with a lung injury from vaping—but quitting was hard without help. If you or someone you know wants to quit tobacco or vaping, there are free resources available: call 1-800-QUIT-NOW or visit quitnow.net/Oregon for help.		
Tuesday 2/18	Reshare from partner org (Truth Initiative) Youth	<i>Ad copy:</i> Fruity flavors like "grape" make tobacco look tasty to kids. But cancer-causing chemicals hide beneath. Thanks, @truthinitiative, for telling it like it is.		

Thursday 2/20	Reshare from partner organization (Real Cost)	<i>Ad copy:</i> It doesn't require a magic eight-ball to know that nicotine is dangerous for developing brains. How can we create communities that protect teens before they ever start using tobacco?		
Friday 2/21	Local			
Monday 2/24	Cessation Monday Horoscope Pisces: February 19 - March 20	<p>Pisces: You're a sensitive soul, filled with empathy for others. Remember to take care of your own needs and reward yourself for all of your successes. Have you cut back on smoking? Have you quit altogether? Celebrate your milestones!</p> <p>If you need some help, call 1-800-QUIT-NOW or visit quitnow.net/Oregon</p>		

Tuesday 2/25	Targeted Marketing	<p>The tobacco industry has targeted women for decades, promising weight loss, style, and independence. But true independence is freedom from the things that hold us back—like addiction to tobacco.</p>		http://bit.ly/2v2hivZ
Wednesday 2/26	Cessation Campaign	<p>Keep your loved ones safe.</p> <p>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. Call 1-800-QUIT-NOW or visit quitnow.net/Oregon</p>		
Thursday 2/27	Reshare from partner org (Real Cost)	<p><i>Ad copy:</i> Over 7,000 deadly chemicals are inhaled with every drag on a cigarette ☹️🚬 Take it from our friends at @KnowTheRealCost.</p>		

Friday 2/28	Environment	<p>Think smoking only affects the body? #DYK tobacco facilities release 1,312,796 pounds of toxic chemicals in a single year? That doesn't even include all the cigarette butts that wash up on Oregon's shores.</p>	 http://bit.ly/2OrpyGp
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