









Smokefree Oregon Facebook Calendar - November 2020

Date	Themes	Copy	Visual	Link
Monday 11/2	[Video] Reshare from NAYA around Native American Heritage Month/Cessation	<p>We honor Oregon's first people and elevate Native voices by sharing stories of inspiration and quitting commercial tobacco. "I was in the emergency room twice and after the second time I said, 'it's time to quit smoking.' So, I did. I feel better, I've saved money, and my health is much better than it was before." Frances Marceau, Blackfeet</p> <p>If you or someone you know needs help to quit, call 1-800-QUIT-NOW and press "7" for the Native Quit Line. www.NativeQuitLine.com [Tag NAYA, NPAIHB] #NativeAmericanHeritageMonth</p>		smokefreeoregon.com/native-quit-line
Tuesday 11/3		No post		
Wednesday 11/4		No post		
Thursday 11/5	[Video] Reshare from NARA around Native American Heritage Month/Cessation	<p>"Cigarettes are harmful and not made for ceremonial or spiritual purposes. Traditional tobacco smoke carries our thoughts, prayers and wishes asking for protection and good health." Sam Graywolf, Mohawk Nation #NativeAmericanHeritageMonth</p>		smokefreeoregon.com/native-quit-line
Friday 11/6	Vaping	<p>ICYMI: @chicagocitycouncil approves ban on flavored vaping products, by a whopping 46-4 vote. This is huge step in keeping our youth healthy and safe. Way to go, Chicago!</p>	 <p>CHICAGO.SUNTIMES.COM City Council approves ban on flavored vaping products favored by teens</p>	https://bit.ly/3oTnQOq


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Monday 11/9	Vaping/COVID-19	 <p>SMOKING AND COVID-19 Quitting smoking protects yourself and others during the COVID-19 pandemic.</p>		https://www.facebook.com/OregonHealthAuthority/photos/a.180616325308466/3396363240400409
Tuesday 11/10	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Wednesday 11/11	Veteran's Day	<p>To all veterans: Put simply - thank you.</p> <p>If you are a veteran or currently serving in the military and would like help quitting tobacco, these organizations are designed to support those who serve: (resource link)</p>		https://bit.ly/326peUo
Thursday 11/12	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Friday 11/13	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Monday 11/16	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		

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Tuesday 11/17	Movement Building	<p>The tobacco industry sends over \$100 million each year in advertising. A lot of that advertising is targeted towards our youth.</p> <p>Luckily, communities across Oregon are standing up to Big Tobacco, but there's more to do. We need your help. Join us by visiting smokefreeoregon.com/stronger-together</p>		
Wednesday 11/18	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Thursday 11/19	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Friday 11/20	Reshare	<p>#DYK it's National Healthy Skin Month? Smoking can speed up the normal aging process of your skin, contributing to wrinkles...this looks like a throwback to Halloween:</p>		https://www.facebook.com/watch/?v=517078252290280
Monday 11/23	Reshare	<p>Add copy: "This is what Big Tobacco said about the Black community..."</p>		https://bit.ly/323fyQD
Tuesday 11/24	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		
Wednesday 11/25	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		

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Thursday 11/26	Holiday/Thanksgiving	2020 has been a bit all over the place, but we're still finding ways to be thankful, especially for a community like you. Here's to gratitude. Let the only thing you smoke today be your turkey!		
Friday 11/27	Native American Heritage Month/Cessation	The tobacco industry harms tribes and Native communities in Oregon. It steals cultural imagery and misrepresents sacred traditions to sell its products. Thanks, (tag Cow Creek) and Expanding Horizons Youth Group for sharing what traditional use of tobacco looks like. We stand with you, fighting the tobacco industry's tactics and preventing commercial tobacco use.		https://www.tiktok.com/@createtraditions/video/6845810706932108550?lang=en
Monday 11/30	Native American Heritage Month/Cessation	Native American Heritage month post placeholder		