


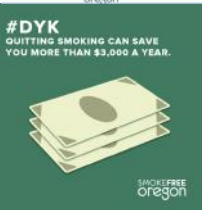








Smokefree Oregon Facebook Calendar - July 2021

Date	Themes	Post Copy	Visual	Link
Friday 7/2	July 4th	<p>The only smoke this 4th of July should be from the BBQ grill.</p> <p>As we start to gather together again, remember that secondhand smoke causes more than 7,300 lung cancer deaths among non-smokers in the U.S. each year.</p> <p>Keep your friends, family and yourself safe and smoke-free this July 4th!</p>		
Monday 7/5	Cessation	<p>It's officially Social Wellness Month! #DYK social support can be critical for a successful quit journey?</p> <p>Check out these 5 positive reminders to keep you focused on your journey to becoming tobacco-free..</p> <p>Remember, social wellness is an important aspect of mental health. Looking for someone to support your quit? Text "READY" to 200-400 for free help to quit tobacco and nicotine your way.</p>		
Wednesday 7/7	Cessation	<p>#DYK we have a pharmacy locator?</p> <p>This makes it easier to find a local pharmacist who can help you quit. Some pharmacists can prescribe patches, gum, and even prescription-only medicines to help you quit smoking. Check out the Oregon pharmacy map to see if a location near you is offering this service: https://smokefreeoregon.com/pharmacy</p>		
Friday 7/9	Movement building	<p>Do you have 3 minutes to hold the tobacco industry accountable? Smokefree Oregon makes it easy to lend your voice by sending a digital letter to your county commissioner.</p> <p>Let your elected officials know how tobacco has affected you, your loved ones, or your community. Then, join our email list and follow us on Instagram!</p> <p>Email list sign-up: smokefreeoregon.com/email-sign-up Smokefree Oregon Instagram: instagram.com/smokefree_oregon (@smokefree_oregon)</p>	<p>In just 3 minutes you could..</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> SIGN-UP FOR SMOKEFREE OREGON'S EMAIL LIST <input checked="" type="checkbox"/> CONTACT YOUR COUNTY TOBACCO PREVENTION COORDINATOR <input checked="" type="checkbox"/> WRITE YOUR LOCAL DECISION MAKER USING OUR ONLINE FORM. <input checked="" type="checkbox"/> JOIN THE SMOKEFREE OREGON/OREGONIAN COMMUNITY. <p>Together, we're stronger than Big Tobacco.</p> <p><small>SMOKEFREE OREGON</small></p>	https://smokefreeoregon.com/take-action/letter-to-commissioner/
Monday 7/12	Cessation	<p>#DYK quitting smoking can save you more than \$3,000 a year?! Just think of what you could do with that extra cash! Text "READY" to 200-400 to start saving money and living a smoke-free life.</p>		
Wednesday 7/14	Movement building	<p>One thing kids should not have to worry about this summer is being targeted by Big Tobacco... but each year, the tobacco industry spends \$100 MILLION to hook our kids on nicotine with products like candy-flavored vape. Learn how you can TAKE ACTION today to protect Oregon's youth. Already taking action? Share with us in the comment section.</p>		

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Friday 7/16	Movement building	<p>"Take all the tobacco products that look like candy off the shelves."</p> <p>Flashing back to community member David Jacques sharing how Big Tobacco has hit close to home and how he wants it to STOP!</p> <p>Mr. Jacques, thank you for lending your voice and looking out for your community to help create a #SmokefreeOregon!</p> <p>Do you know anyone in your community standing up to Big Tobacco? We'd love to hear their story! Tag us to be featured on our Facebook page!</p>	<p>Video of David Jacques from We See/They See campaign</p> <p>https://drive.google.com/file/d/1AMqKnISEKSrYdkQcmFg90IacYZ4WrhPG/view?usp=sharing</p>	
Monday 7/19	Cessation	<p>#DYK the tobacco industry adds chemicals like ammonia to cigarettes to make nicotine hit the brain faster?</p> <p>Big Tobacco designs their products more addicting, which can make it harder to quit. But one thing we do know is that together, we're stronger. Text "READY" to 200-400 and join a community full of motivation, strength, and free resources to help you quit smoking today.</p>		
Wednesday 7/21	Disparities	<p>#DYK there's more tobacco marketing in neighborhoods that were historically redlined?</p> <p>Marketing makes it easier and cheaper for people to start using tobacco and harder to quit. Industry practices help explain why rates of tobacco-caused diseases are disproportionately higher in communities of color.</p> <p>@ChangeLabSolutions shares how tobacco-related health inequities are a social justice issue. https://bit.ly/3qkocPg</p> <p>[Used with permission by Change Lab Solution.]</p>		
Friday 7/23	Cessation	<p>We know the first few days of quitting tobacco are especially difficult. Smokefree Oregon is here to bring you the support and motivation you need to get through it!</p> <p>Save this post for when you need tips on how to reduce stress and anxiety. And text READY to 200-400 to have a partner walk you through those first days.</p> <p>For bonus points: share, tag and repost this to help someone else!</p>		
Monday 7/26	Vaping/Adolescent	<p>Youth vaping remains at epidemic levels, but 2021 is the year to cancel it.</p> <p>According to new @truth data, 60% of 15- to 24-year-old e-cigarette users surveyed want to quit vaping within the year.</p> <p>Our youth and young adults deserve better and are choosing to quit for health, financial and social reasons, and to be free from addiction.</p> <p>Visit truthinitiative.org/curriculum to check out an online course brought to you by @truthinitiative @kaiserpermanente and @aha with resources to help young people who are currently using e-cigarettes begin a vape-free life. Or text DITCHVAPE to 88709 for help right now.</p>		

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Date	Themes	Post Copy	Visual	Link
Wednesday 7/28	Cessation	<p>5 ways to keep your mind off of tobacco this week:</p> <ul style="list-style-type: none"> Write down 5 things you are grateful for Spend time in places where tobacco is not allowed (museums, smoke-free parks, recreation centers, etc...) Pick up a new book Find a quiet space to close your eyes or meditate Get outside and enjoy the fresh air <p>For more tips, motivation, and free resources to help you quit tobacco comment below or visit smokefreeoregon.com</p>		
Friday 7/30	COVID-19	<p>As we head out for summer trips and adventure around beautiful Oregon, here are a few things to remember:</p> <ul style="list-style-type: none"> Stay hydrated Wear sunscreen Prevent fires by not smoking ↔ Keep a safe distance when out <p>Together, let's help keep Oregon safe and smoke-free this summer.</p>	