






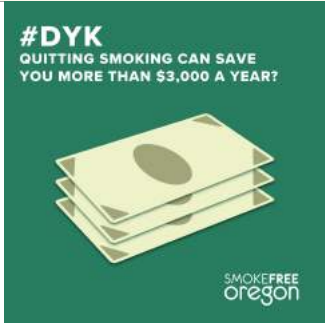















Smokefree Oregon Instagram Calendar - July 2021					
Date	Theme	Post Copy	Visual	INSTAGRAM STORY/REEL OR LINK IN BIO	RECOMMENDED HASHTAGS
Thursday July 1	Motivation	<p>July is Social Wellness Month: Social wellness is an important part of mental health, and social support can be critical for a successful quit journey!</p> <p>Looking for someone to support your quit? Text "READY" to 200-400 for free help to quit tobacco and nicotine your way.</p> <p>SWIPE RIGHT for 5 positive reminders to keep you focused on your journey to becoming tobacco-free.</p>			<p>#smokefreeoregon #livewithgratitude #motivationforlife #socialwellness #positivereminders #healthgoals #mentalhealthmonth #socialwellnessmonth #keepgoingstrong #lifejourney #positivevords #positivethoughtsonly #quitsmoking #tobaccofree #nicotinefree #saynototobacco #stopsmoking #quitsmokingtoday #healthandwellnessjourney #quitjourney #smokefree #tobaccofree</p>
Friday July 2	Prevention	<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>			<p>#smokefreeoregon #smokingkills #soberlifestyle #lungsonfire #stopsmoking #nonsmokers #saynototobacco #nicotinefree #lifestyle #quitsmokingtoday #bettermyself #smokeless #quittabacco #soberliving #breathefree #antivaping #vapefree #lungs #bodyparts #saynotodrugs #quitjourney #smokefree #tobaccofree</p>
Saturday July 3	Motivation + Cessation	<p>This Independence weekend, celebrate your freedom from tobacco. Because you did it! #smokefreelife</p>			<p>#smokefreeoregon #smokefreelife #soberlifestyle #soberliferocks #soberlife #quitsmoking #nonsmokers #dontsmoke #justdontoit #dontevertinkaboutit #soberliving #breathefree #antivaping #blacklungs #vapefree #lungs #bodyparts #saynotodrugs</p>
Sunday July 4	Cessation	<p>Every year, over a million Americans successfully kick their smoking addiction. This July 4th, give yourself the gift of freedom from tobacco by starting your quit journey!</p> <p>Don't want to do it alone?</p> <p>We can help!</p> <p>Call the Oregon Quit Line at 1-800-Quit-Now or click the link in our bio for more information. quithow.net/Oregon.</p> <p>Happy 4th of July from Smokefree Oregon!</p>			<p>#smokefreeoregon #tobaccofree #july4thweekend #july4th2021 #wecanhelp #wecanhelpyou #happyjuly4th #happyjuly #smokingkills #soberlifestyle #lungsonfire #stopsmoking #nonsmokers #saynototobacco #nicotinefree #lifestyle #quitsmokingtoday #smokeless #quittabacco #breathefree #antivaping #QuitSmoking</p>
Monday July 5	Cessation	<p>#DYK your local pharmacist may be able to help you quit smoking for good?</p> <p>Some pharmacists can prescribe patches, gum, and even prescription-only medicines to help you quit smoking.</p> <p>Check out the Oregon pharmacy map to see if a location near you is offering this service. #SmokefreeOregon</p>			<p>#smokefreeoregon #quitsmoking #nonsmoking #soberlife #portlandnw #portlandoregonlife #nicotinefree #nicotinepatches #healthylungs #healthymindhealthybody #healthylifestylecoach #healthyforlife #healthylifestyletips #smokelesstobacco #saynotodrugs</p>




<https://bit.ly/3pmfPSO>

Wednesday July 7th	<p>Protecting Children and Youth</p> <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.</p> <p>Click the link in our bio and learn how you can TAKE ACTION today to protect Oregon's youth.</p> <p>#SmokefreeOregon #ProtectOurKids</p>		<p>#smokefreeoregon #protectyourkids #saynototobacco #healthykids #breathefree #saynotodrugs #kidshealth #kidslivesmatter #kidsareourfuture #tobaccofree #sayno #saynotodrugskids #protectkids #protectkidshealth #protectchildren #childrenarethefuture #childrenareourfuture #publichealthmatters #smokefree</p>	
Thursday July 8	<p>Movement building</p> <p>Do you have 3 minutes to hold the tobacco industry accountable?</p> <p>Smokefree Oregon makes it easy to lend your voice by sending a digital letter to your county commissioner.</p> <p>Click the link in our bio to let your elected officials know how tobacco has affected you, your loved ones or your community.</p>	<p>In just 3 minutes you could...</p> <ul style="list-style-type: none">✓ SIGN-UP FOR SMOKEFREE OREGON'S EMAIL LIST.✓ CONTACT YOUR COUNTY TOBACCO PREVENTION COORDINATOR.✓ WRITE YOUR LOCAL DECISION MAKER USING OUR ONLINE FORM.✓ JOIN THE SMOKEFREE OREGON FACEBOOK COMMUNITY. <p>Together, we're stronger than Big Tobacco.</p> <p>SMOKEFREE oregon</p>		<p>#smokefreeoregon #tobaccocontrol #electedofficials #smokingkills #soberlife #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #tobaccokills #SmokeFree #quitsmoking</p>
Friday July 9	<p>Motivation</p> <p>#DYK quitting smoking can save you more than \$3,000 a year?!</p> <p>Just think of what you could do with that extra cash!</p> <p>Text "READY" to 200-400 and we'll get you on your way to saving money and living life free of tobacco!</p> <p>#SmokefreeOregon</p>			<p>#smokefreeoregon #quitsmoking #savemoneylivebetter #keepyourselfalive #soberlifestyle #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #closetsmoker #bettermyself #smokeless #quittobacco #publichealth</p>
Sunday July 11	<p>Motivation</p> <p>Just 1 week!</p> <p>If you make it one week without tobacco, you're NINE TIMES more likely to quit for a lifetime! Set your goal for 7 days, then 2 weeks, then 1 month. With each milestone, you're getting healthier and building a tobacco-free future.</p> <p>#SmokefreeOregon #YouGotThis</p>			<p>#smokefreeoregon #livewithgratitude #motivationforlife #motivatedmindset #motivatedaily #motivateyourmind #positivereminders #keepgoingstrong #lifejourney #positivewords #positivethoughtsonly #quitsmoking #tobaccofree #nicotinefree #saynototobacco #stopsmoking #quitsmokingtoday #closetsmoker #healthandwellnessjourney #smokefree #quitjourney #tobaccofree</p>

Monday July 12	<p>Covid-19 + Cessation</p> <p>As we head out for summer trips and adventure around beautiful Oregon, here are a few things to remember:</p> <p>Stay hydrated Wear sunscreen Prevent fires by not smoking ↔ Keep a safe distance from others when out</p> <p>Together, let's help keep Oregon safe and smoke-free this summer.</p>		<p>#smokefreeoregon #beautifuloregon #summerfun2021 #staysafeandhealthy #covid-safe #summertips #quitsmoking #tobaccofree #nicotinefree #saynototobacco #cessation #stopsmoking #quitsmokingtoday #healthandwellnessjourney #staysafestayhealthy #oregoncoast #oregonexplored #oregonlife #oregonbound #beautifuloregoncoast #smokefree #quitjourney #publichealth #publichealthmatters</p>
Wednesday July 14	<p>Movement building</p> <p>#DYK Tobacco use costs Oregonians an estimated \$2.9 billion a year in medical expenses and lost productivity?</p> <p>If you had \$2.9 billion...you could buy 96,667 cars at \$30,000/each or 14,500 houses at \$200,000/each.</p> <p>Take a moment and let sink in.</p> <p>Imagine what opportunities we could build with those dollars!</p>		<p>#smokefreeoregon #tobaccocontrol #electedofficials #smokingkills #soberlife #stopsmoking #nonsmokers #publichealth #closetosmoker #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #tobaccokills #tobaccofree #smokefree #publichealthmatters</p>
Thursday July 15	<p>Community Member shoutout</p> <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 Instagram page!</p>	<p>Video of David Jacques from We See/They See campaign</p> <p>https://drive.google.com/file/d/1AMqKniSEKSrvdkQcmFg90iacYZ4WthPG/view?usp=sharing</p>	<p>#smokefreeoregon #soberlife #healthylifestylechange #vapefree #soberlife #sobermovement #soberlifestyle #makingadifferencetogether #makingadifference #changingtheworld #tobaccofree #nicotinefree #smokefree</p>
Friday July 16	<p>Smoke-free housing resources</p> <p>Everyone deserves to breathe clean, smoke-free air – no matter who they are or where they live!</p> <p>Do you smell smoke in your home?</p> <p>Click the link in bio to access smoke-free housing resources to make your home healthier and take action in your community.</p> <p>#SmokefreeOregon</p>		<p>https://smokefreeoregon.com/resources/smoke-free-housing-tools/</p> <p>#smokefreeoregon #tobaccocontrol #electedofficials #smokingkills #soberlife #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #tobaccokills #smokeFree #quitsmoking #PublicHealthMatters #quitjourney</p>

Saturday July 17	Motivation	<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>Click the link in our bio or send us a DM for more tips, motivation and free resources to help you quit tobacco. #SmokefreeOregon</p>			<p>#smokefreeoregon #mindfulmeditation #breathedeep #breathedeeply #gratitudepractice #meditationpractice #motivationforlife #socialwellness #positivereminders #healthgoals #mentalhealthsupport #positivewords #positivehoughtsonly #quitsmoking #tobaccofree #nicotinefree #saynototobacco #stopsmoking #quitsmokingtoday #healthandwellnessjourney #PublicHealthMatters</p>	
Monday July 19	Protecting Children and Youth	<p>For decades, tobacco companies have targeted children and young people using candy-flavored products and placing colorful ads at kids' eye level. It's calculated to sell an addictive product and get lifelong customers.</p> <p>The good news is there are proven ways that Oregon communities can fight back.</p> <p>Join #SmokefreeOregon today and learn what you can do to protect our kids.</p>			<p>#smokefreeoregon #protectyourkids #saynototobacco #healthykids #breathefree #saynotodrugs #kidshealth #kidslivesmatter #kidsareourfuture #tobaccofree #sayno #saynotodrugskids #protectkids #protectkidshealth #protectchildren #childrenarethefuture #childrenareourfuture #publichealthmatters #smokefree</p>	
Tuesday July 20	Motivation	<p>What helps you stay the course to a smoke-free future?</p> <p>A powerful, personal reason to quit. It may be to protect loved ones from secondhand smoke or lower your chance of getting lung cancer, heart disease, and other conditions. Choose a reason that is strong enough to outweigh the urge to light up.</p> <p>#SmokefreeOregon</p>			<p>#smokefreeoregon #mindfulmeditation #livewithgratitude #smorescookies #smoresbar #motivationforlife #motivatedmindset #motivatedaily #motivateyourmind #positivereminders #keepgoingstrong #lifejourney #positivehoughts #positivehoughtsonly #quitsmoking #tobaccofree #nicotinefree #saynototobacco #stopsmoking #quitsmokingtoday #healthandwellnessjourney #smokefree #lungcancer #healthcare #smokefree</p>	
Wednesday July 21	Marketing tactics used by the tobacco industry	<p>#DYK the tobacco industry adds chemicals like ammonia to cigarettes to make nicotine hit the brain faster?</p> <p>They design ways to make an addictive product even more addictive. But you're stronger than industry profits, and we've got your back!</p> <p>Text "READY" to 200-400 and join a community full of motivated people and strong people and get free resources to help you quit smoking today.</p>			<p>#smokefreeoregon #smokingkills #soberlifestyle #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #quitsmokingtoday #vape #bettermyself #smokeless #quittobacco #soberliving #breathefree #antivaping #vapefree #lungs #saynotodrugs #smokefree</p>	
Thursday July 22	Cessation	<p>Celebrate your #smokefree milestones big and small!</p> <p>Give yourself a pat on the back for your courage to quit and the successes you've had along the way. Rewarding yourself increases will help remind you of all that you have accomplished.</p> <p>How do you celebrate YOU? Leave a comment below.</p>			<p>#smokefreeoregon #celebrateyourself #smokingkills #soberlifestyle #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #quitsmokingtoday #tobaccofree #quittobacco #publichealth #bettermyself #smokeless #quittobacco #soberliving #breathefree #antivaping #vapefree #lungs #saynotodrugs #smokefree</p>	

Friday July 23	Cessation + CTP Exchange Lab	It's a fact that every cigarette a person smokes increases the risk for cancer.	https://digitalmedia.hhs.gov/tobacco/shareable_content/GM_EveryCigarette_Loop		#smokefreeoregon #lungcancer #healthlife #lungs #bodyparts #worldhealthorganization #committedtoquit #smokeless #health #lifestyle #lungcancerawareness #cancerprevention #bettermyself #strongerthanyouthink #smokingkills	
Saturday July 24	Motivation	Everyone has different reasons to quit and lead #smokefree lives. What's your reason? Share with us in the comments!			#smokefreeoregon #mindfulmeditation #motivationforlife #motivatedmindset #motivatedaily #motivateyourmind #positivereminders #keepgoingstrong #lifejourney #positivewords #positivethoughtonly #quitsmoking #tobaccofree #nicotinefree #saynototobacco #stopsmoking #quitsmokingtoday #healthandwellnessjourney #quitjourney #tobaccofree #smokefree	
Sunday July 25	Cessation	We know the first few days of quitting tobacco are especially difficult. Smokefree Oregon is here to bring you the support and motivation to get through it! Save this post on tips to reduce stress and anxiety. And text READY to 200-400 to have a partner walk you through those first days.			#smokefreeoregon #strongerthanyouthink #getsupport #weareheretohelp #smokefreeife #positivityiskey #positivityonly #takeabreath #healthymindhealthybody #keepmotivated #motivatedtogether #motivatedtosucceed #smokelesstobacco #saynotodrugs #publichealth #publichealthmatters	
Monday July 26	Marketing Tactics by Tobacco Industry	Youth vaping remains at epidemic levels, but 2021 is the year to cancel it. According to new @truthinitiative data, 60% of 15- to 24-year-old e-cigarette users surveyed want to quit vaping within the year. Our youth and young adults deserve better and are choosing to quit for health, financial and social reasons, and to be free from addiction. Click the link in bio 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.			#smokefreeoregon #youthempowerment #youthgoals #youthmentalhealth #quitvaping #vapeculture #vapeworldwide #nicotinefree #nicotinefreevape #yourlife #healthylungs #yourlifematters #quitsmoking #dontsmoke #fightingforyou	
Tuesday July 27	Marketing Tactics by Tobacco Industry	#DYK there's more tobacco marketing in neighborhoods that were historically redlined? 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. Change Lab Solutions shares how tobacco-related health inequities is a social justice issue. Click the link in bio to read more [Used with permission by Change Lab Solutions - tag them]			#smokefreeoregon #smokingkills #soberlifestyle #stopsmoking #saynototobacco #strongerthanyouthink #quitsmokingtoday #healthequity #equity #quitjourney #healthcareisahumanright #healthdisparities #socialjustice #bettermyself #smokeless #racialequality #soberliving #breathefree #publichealth #publichealthmatters	https://bit.ly/3qkocPq

Wednesday July 28	Cessation	<p>Today is National Lollipop Day!</p> <p>These hard candies are more than just delicious – sugar-free lollipops are a great tool to help curb oral fixations and tobacco cravings.</p>			<p>#smokefreeoregon #celebrateyourself #smokingkills #soberlifestyle #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #quitsmokingtoday #cessation #closetsmoker #bettermyself #smokeless #quittobacco #soberliving #breathefree #antivaping #vapefree #lungs #saynotodugs #quitjourney</p>	
Friday July 30	Cessation	<p>PSA: Keep your lungs healthy - we promise it's worth it!</p> <p>Text "READY" to 200-400 for free help to quit tobacco and nicotine your way.</p>		https://digitalmedia.hhs.gov/tobacco/shareable_content/Stay_Safe_Lungs_NF	<p>#smokefreeoregon #tobaccocontrol #electedofficials #smokingkills #soberlife #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #tobaccokills #publichealthmatters #lungcancer #lungcancerawareness #smokefree #publichealth</p>	
Saturday July 31	Movement building	<p>Enough is enough! Join us in taking a stand against Big Tobacco.</p> <p>Want to get involved in your community? At SmokefreeOregon.com you can do the following:</p> <ul style="list-style-type: none"> - Write your local decision maker - Sign-up for email alerts to find out when there are new tobacco prevention laws, policies or ordinances being considered in your community <p>Remember: you can inspire change where you live. Click on the link in the bio to learn more.</p>			<p>#smokefreeoregon #tobaccocontrol #electedofficials #smokingkills #soberlife #stopsmoking #nonsmokers #saynototobacco #strongerthanyouthink #nicotinefree #lifestyle #quitsmokingtoday #tobaccokills #publichealthmatters #smokefree #publichealth #tobaccofree</p>	