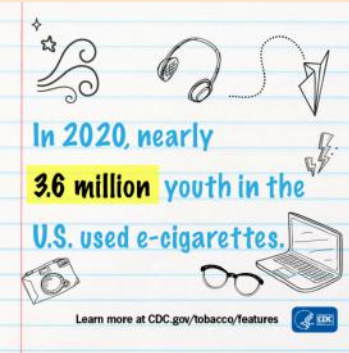



GRANTEE-SPECIFIC SMOKEFREE OREGON FACEBOOK & INSTAGRAM SEPTEMBER CONTENT CALENDAR

IG or FB?	Date	Theme	Post Copy Instagram	Post Copy Facebook	Image (or image notes)	Bitly link
FB	Grantees			<p>Just last year, almost 3.6 million youth in the U.S. used vaping products 🙄.</p> <p>As we embark on back-to-school season – virtual or in-person – it’s our collective responsibility to keep our youth safe from tobacco products. Here are a few ways:</p> <ul style="list-style-type: none"><li>• Make sure your home and vehicle are tobacco-free zones.</li><li>• Talk to young people about the harms of using tobacco products like vape and e-cigarettes.</li><li>• No matter what they say, your kids watch and respect you. Maybe this is the time you can quit - with their support - for good.</li></ul> <p>Credit: @CDC. For more information, visit <a href="https://bit.ly/33Um320">https://bit.ly/33Um320</a>. [Tag Smokefree Oregon]</p>		<a href="https://bit.ly/33Um320">https://bit.ly/33Um320</a>
FB	Grantees			<p>We know the pandemic has brought on many feelings that are hard to put into words.</p> <p>If you're looking to relieve stress and anxiety, quitting tobacco can help even out those ups, downs, and cravings.</p> <p>Call 1-800-QUIT-NOW or visit <a href="http://smokefreeoregon.com/im-ready-to-quit">smokefreeoregon.com/im-ready-to-quit</a> for free help. Thanks to @thenationalcouncil for the graphic with great info. View below.</p> <p>[Tag Smokefree Oregon]</p>		

IG or FB?	Date	Theme	Post Copy Instagram	Post Copy Facebook	Image (or image notes)	Full link	Bitly link
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FB	Grantees			<p>Estamos muy felices de presentarles el nuevo sitio web de "Vive sin fumar". Este sitio web fue creado 100% en español específicamente para reflejar las experiencias y responder a las necesidades e intereses de la comunidad latina de Oregon. Aquí podrán encontrar recursos, herramientas y datos para compartirlos con los miembros de su comunidad que desean dejar de fumar o prevenir que sus seres queridos comiencen hacerlo.</p> <p>.</p> <p>#DYK @smokfreeoregon has a website that is 100% in Spanish titled “Vive sin Fumar”? The website reflects the lived experiences, needs and interests of Oregon's Latino/a/x communities. There are resources, tools and information to share with community members who want to quit smoking or prevent their loved ones from starting.</p> <p>Spread the word and check it out!</p>	[Link generated image from Vivesinfumar.com]	Vivesinfumar.com	
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