



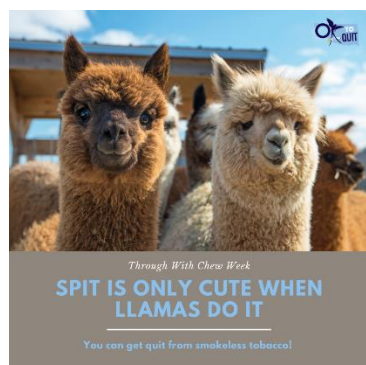
Through With Chew Week Resources Sample Social Media Captions

The OK to Quit campaign provides free social media content to help organizations share positive cessation messaging and resources to their employees, communities, and networks. All Through With Chew Week images are available to download for free in full size .png files via zip file at www.oktoquit.com/partners. Partners are also welcome to share posts directly from our Facebook, Instagram, and Twitter pages at @oktoquit.



Action today = better tomorrows! #oktoquit

Bigger smiles for everyone when you quit chew! You can do it! #oktoquit



The good news: you can do something about the tobacco spit. The bad news: llamas will always spit. #llamas #oktoquit

[Each year, smokeless tobacco causes about 1,300 people in the US to be diagnosed with oral cancer.](#)

Smokeless tobacco products include chemicals like [lead, formaldehyde, and arsenic.](#)



Give smokeless tobacco the boot! Call 1-800-QUIT-NOW for free help quitting today! #oktoquit #oklahoma

[According to the CDC,](#) smokeless tobacco causes cancer of the mouth, esophagus, and pancreas. It's #oktoquit! #cancer



Your health and life are priceless—start investing in you by quitting today! Call your healthcare provider or visit www.oktoquit.com for help.

[A can-a-day habit costs about \\$1,100 per year.](https://stopswithme.com/protecting-oklahoma/cost-tobacco-calculator/#smokeless) See how much you can save by visiting: <https://stopswithme.com/protecting-oklahoma/cost-tobacco-calculator/#smokeless>

Through With Chew Week Resources Sample Social Media Captions

Your kids watch your every move.
Take the reins and quit tobacco for
you and them.



Lead by example and be tobacco free!

Take the reins on tobacco and quit the dip today! Visit www.oktoquit.com for free resources to get you on the path to freedom.



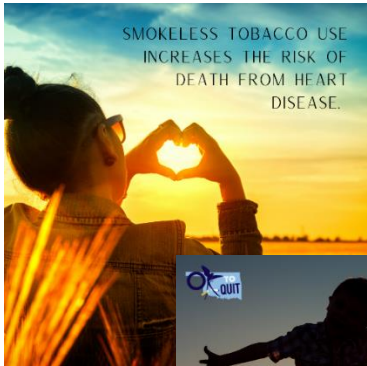
Be around for the long haul.
Skip the dip and live tobacco free.



No form of smokeless tobacco is a safe substitute for cigarettes. [According to the American Cancer Society](#), there are more than 25 cancer-causing chemicals in smokeless tobacco. #oktoquit #cancer

[Smokeless tobacco use can cause gum disease, tooth decay and tooth loss.](#)
#oktoquit

SMOKELESS TOBACCO USE
INCREASES THE RISK OF
DEATH FROM HEART
DISEASE.



Oklahoma sunsets, family, good times – make a list of your reasons to quit tobacco! #oktoquit #motivation



Smokeless tobacco [increases your risk of dying from heart disease and stroke](#). Talk to your healthcare provider for support getting quit! #oktoquit

Your kids want to be just like you when they grow up. Make sure that doesn't include tobacco use. Call 1-800-QUIT-NOW to get help quitting. #oktoquit

Kids watch your every move.

Make the right move
and model a tobacco
free lifestyle.



www.oktoquit.com



Be their hero and quit smokeless tobacco today! #oktoquit #hero

Kids who live in tobacco-free homes are less likely to use tobacco as adults. Get them started right by modeling a tobacco free lifestyle! #parenting #oktoquit