

American Diabetes Month/Great American Smokeout (Nov 17) – November 2016

Facebook: <https://www.facebook.com/AmericanDiabetesAssociation> - <https://www.facebook.com/AmericanCancerSociety>

Twitter: <https://twitter.com/AmDiabetesAssn> - <https://twitter.com/americancancer>

Instagram: <https://instagram.com/amdiabetesassn>

Campaign Hashtags: #ThisIsDiabetes #GASO #QuitLikeaChampion

TWITTER:

Great American Smokeout (November 17)

Win your first day tobacco free one moment at a time. Take a warm bath, go for a walk, or read a book.
#Quitlikeachampion #GASO

When you feel like you're about to lose to tobacco, breathe deeply and visualize winning one breath at a time.
#Quitlikeachampion #GASO

If you're about to light up, call an audible and do something else. #Quitlikeachampion #GASO

Diabetes Month

Millions of Americans live w/ diabetes—and this month, I'm helping share their stories. #ThisIsDiabetes
[@AmDiabetesAssn](#)

DYK? One in 11 Americans has diabetes. Join me in supporting them & [@AmDiabetesAssn](#) this #DiabetesMonth.
#ThisIsDiabetes

Every 23 secs, an American is diagnosed w/ diabetes. Help me support [@AmDiabetesAssn](#) all November! #ThisIsDiabetes
#DiabetesMonth

FACEBOOK

Great American Smokeout (November 17)

To avoid smoking today, try running with a new pack. #Quitlikeachampion #GASO

To be a champion, change your habits. Switch to juices or water instead of alcohol. #Quitlikeachampion #GASO

When you want to go outside for a smoke, just keep walking and take a brisk lap instead. #Quitlikeachampion #GASO

A champion's mouth is for more than smoking.

Train with sugarless gum, hard candy, carrots, or sunflower seeds. #Quitlikeachampion #GASO

Diabetes Month

Every 23 seconds, an American is diagnosed with diabetes. Join me in increasing the sense of urgency around this disease by supporting the [American Diabetes Association](#) throughout #DiabetesMonth. #ThisIsDiabetes

Are you or someone you know affected by diabetes? Join me and the [American Diabetes Association](#) in showing the realities, challenges and triumphs of this disease. Share your story. Use #ThisIsDiabetes for #DiabetesMonth.

Help spread the word: Every 23 seconds, an American is diagnosed with diabetes. This November, join me and the [American Diabetes Association](#) in raising awareness of this disease and sharing real-life stories. #ThisIsDiabetes

#DiabetesMonth