

IMAGINE YOUR LIFE WITHOUT TOBACCO

Here are some ideas of what it could look like...



Follow the route
until you find the
activities that align
with your interests.



If you like sports
and physical
activities...

Create or enroll in a running or
bike club in your community.
Here are some places to start:

- [Bicycle clubs](#)
- [Running clubs](#)

Organize workout sessions
with your family using
a [free fitness app](#).

Organize walks with your family
and friends to get to know new
people in your community.
You can create a Facebook
group or visit Walk Oregon
to find walking groups that
already exist.

- [Walk Oregon](#)

Contact with nature is a great
way to create healthier habits
and a new sense of community.

- [Explore more](#)

Explore hiking and the
benefits it can bring to
your mental health.

- [Hiking groups](#)

If you have thought about
discovering your creativity,
now is a great opportunity.

Try one of the free online art
classes listed [here](#) and [here](#).

Create or join a book club
in your community. You can
organize it using social media,
on Meetup, with your
neighbors, or through
a community center.

[Find a MeetUp group here](#)
(Some of them meet online!)



If you like arts
and culture...

Get together with your family
or friends and take virtual tours
of different museums around
the world.

- [Virtual museum tours](#)

Find local theater, music, and
cultural events and activities.

[Find events and activities
near you](#)



If you are looking to learn new things...

Learn or practice a new language for free. Use this opportunity to also meet new people!

- [Learn a new language](#)

You can create fun, healthy new habits and beat tobacco addiction! Try exploring some group activities:

- [Find a MeetUp group activity](#)

Get together with friends to share good times and learn new recipes.

- [Online cooking classes](#)
- [Recipes and cooking ideas](#)

Dancing always lifts the spirits. Discover viral dances on TikTok and try them yourself! If anything, you'll get a good laugh out of it 😊

- [How to learn TikTok dances](#)
- [Dancing alone together](#)

Check out activities and events that your local library or community college puts on for the public!

- [Find your local library](#)
- [Find the closest community college](#)

One of the best parts of travel is trying new foods. Try making a foreign recipe, or try cooking with new spices and flavors.

- [International recipes](#)
- [How to cook with spices](#)

Plan a fun getaway OR discover virtual tours and explore the world with your friends or family, at home!

- [Find a park](#)
- [Annual Northwest Forest Pass](#)
- [Wanderlog trip planner](#)
- [Best virtual tours](#)



If you like traveling...

If you prefer to travel vicariously through others, check out a travel book or read a story about an epic journey.

- [15 Travel Books That Will Change The Way You See The World](#)
- [Travel Guide Books](#)

Find more books at your [local library](#) or online through [OverDrive](#).

Discover and explore the beautiful state of Oregon! Find exciting adventures and organize new experiences.

[Travel Oregon](#) offers ideas and sample itineraries for many different types of experiences.

Getting support increases your chances of successfully quitting tobacco for good. Get free support from the Oregon Tobacco Quit Line. They also can send you free patches and gum. Call 1-800-QUIT-NOW, text "READY" to 200-400 or visit [QuitNow.net/Oregon](#).

IF YOU WANT TO GET MORE INVOLVED IN YOUR COMMUNITY, CHECK OUT OSU EXTENSION!

Another amazing resource we have in our state is Oregon State University (OSU) Extension. They are in every county and provide educational programming and activities around focus areas, such as:

[4-H Youth Development](#) | [Agriculture and Natural Resources](#) | [Family and Community Health](#) | [Forestry and Natural Resources](#)

You can connect with OSU Extension through local county offices or online at [Extension.OregonState.edu](#).

A list of all OSU Extension programs is available [here](#). They also offer volunteer opportunities to help serve your community.