



Date	Theme Bucket	Post Copy	Link	Visual
Monday 5/2	Seasonal – Arthritis Awareness Month	Regular, moderate physical activity can reduce arthritis pain. Where do you like to walk in your neighborhood?	<a href="http://extension.oregonstate.edu/fch/walk-with-ease/participants">http://extension.oregonstate.edu/fch/walk-with-ease/participants</a>	
Wednesday 5/4	Problem	How well do you know this place? Learn more at <a href="http://www.placemattersoregon.com">www.placemattersoregon.com</a>		Video: <a href="https://www.dropbox.com/sh/v5y0e1qajdfrg19/AAC00BetQs_wcgrHo-y3iLB7a?dl=0&amp;preview=Chronic+Health+Condition.mp4">https://www.dropbox.com/sh/v5y0e1qajdfrg19/AAC00BetQs_wcgrHo-y3iLB7a?dl=0&amp;preview=Chronic+Health+Condition.mp4</a>
Friday 5/6	Seasonal – Mother's Day	Mother knows best. Go out and play.		 A photograph of a woman with long dark hair and glasses, wearing a white tank top and denim shorts, pushing a young child on a swing. The child is wearing a striped shirt and shorts. They are in a park setting with trees and a path in the background. The text "Happy Mother's Day!" is visible at the bottom of the image.
Monday 5/9	Seasonal – National Bike Month	States with more biking and walking show lower levels of diabetes, hypertension and obesity. However, we don't all share the same access to healthy transportation options. How do you think Oregon is doing?	<a href="http://www.bikewalkalliance.org/resources/benchmarking">http://www.bikewalkalliance.org/resources/benchmarking</a>	
Wednesday 5/11	Seasonal – Asthma Awareness Month	<i>(holding for HPCDP Blog post featuring Asthma topic)</i>		
Friday 5/13	Problem	You are what you drink. Check out the truth about soda and other		Video: <a href="https://www.youtube.com/watch?v=fpRDJWB9Y_I">https://www.youtube.com/watch?v=fpRDJWB9Y_I</a>

		sugary drinks: <a href="http://placematresoregon.com/misconceptions/">http://placematresoregon.com/misconceptions/</a>		
Monday 5/16	Seasonal – National Bike Week	During National Bike Week, why not take the Oregon Walk + Bike to School Challenge? #bikemore #PlaceMattersOR	<a href="https://btaoregon.org/walkbike/">https://btaoregon.org/walkbike/</a>	
Wednesday 5/18	Problem	How well do you know this place? Learn more at <a href="http://www.placematresoregon.com">www.placematresoregon.com</a>		Video: <a href="https://www.dropbox.com/sh/v5y0e1qajdfgrg19/AAC00BetQs_wcgrHo-y3iLB7a?dl=0&amp;preview=Obesity.mp4">https://www.dropbox.com/sh/v5y0e1qajdfgrg19/AAC00BetQs_wcgrHo-y3iLB7a?dl=0&amp;preview=Obesity.mp4</a>
Friday 5/20	Seasonal – Arthritis Awareness Month	More than 52.5 million Americans live with arthritis. Many discover that moderate exercise improves the way they feel. Interested in finding or leading a group in your community?	<a href="http://extension.oregonstate.edu/fch/walk-with-ease">http://extension.oregonstate.edu/fch/walk-with-ease</a>	
Monday 5/23	Seasonal - National Bike Month	Why do you think this is: Women commute to work by bike less than men.	<a href="http://www.bikewalkalliance.org/resources/benchmarking">http://www.bikewalkalliance.org/resources/benchmarking</a>	
Wednesday 5/25	Seasonal – Asthma Awareness Month	(repost upcoming SFO post on Asthma Awareness month: When you're ready to quit, call 1-800-QUIT-NOW or visit <a href="http://www.quitnow.net/oregon/">www.quitnow.net/oregon/</a> )		
Friday 5/27	Problem	How well do you know this place? Learn more at		Video: <a href="https://www.dropbox.com/sh/v5y0e1qajdfgrg19/AAC00BetQs_wcgrHo-">https://www.dropbox.com/sh/v5y0e1qajdfgrg19/AAC00BetQs_wcgrHo-</a>

		<a href="http://www.placematsoregon.com">www.placematsoregon.com</a>		<a href="#">y3iLB7a?dl=0&amp;preview=Sitting.mp4</a>
Monday 5/30	Seasonal – Arthritis Awareness Month	All of these activities can help reduce Arthritis pain. Sign up here for a self-guided Walk With Ease program:	<a href="http://oregonstate.qualtrics.com/jfe/form/SV_6kQuDqSdoaoraO9">http://oregonstate.qualtrics.com/jfe/form/SV_6kQuDqSdoaoraO9</a>	