

Date	Theme Bucket	Post Copy	Link	Visual
Monday 10/3	Seasonal	Wednesday is Walk+Bike to School Day! How does your family get to school? Make sure to register at the link below.	https://www.facebook.com/BTAOregon/posts/10154133045961919	
Thursday 10/6	Problem	Just in time for back-to-school! Congratulations to Klamath Falls.	https://www.facebook.com/bluezonesprojectklamathfalls/posts/1768818116708409	
Monday 10/10	Seasonal	Walktober. Something fun, healthy and almost anyone can do in the month of October in Oregon. @OregonWalks #placemattersOR #walktober	http://walktoberpdx.org/	
Friday 10/14	Seasonal	Check out the U.S. Surgeon General's walking playlist! #walktober #placemattersOR	http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html#Surgeon%20Generals%20Walking%20Playlist%C2%A0	
Wednesday 10/19	Problem	"We know what to do. We need to eat better and we need to move more. We need to make sure that our work sites, communities, child care facilities and our health care environments support us in doing that." - Luci Longoria	http://www.bendbulletin.com/home/4627495-151/oregon-obesity-rates-highest-in-west	
Friday 10/21	Problem	"The goal of Passport to Wellness is to create a culture of positive attitudes,	https://www.facebook.com/www.waytowellville.net/posts/1890438541184307	

		<p>knowledge and behaviors around nutrition, physical activity and emotional well-being.”</p> <p>Three cheers to @waytowellville for their Clatsop County communitywide effort to improve health!</p>		
Tuesday 10/25	Industry Practices	<p>"No one should be advertising junk food for kids." - Jessica Almy, @CSPI.</p>	http://www.foodandwine.com/news/most-nickelodeon-ads-are-junk-food?xid=soc_socialflow_facebook_fw	
Thursday 10/27	Problem	<p>Now there is even more evidence that that the resulting achievement gap is wider than we thought.</p>	https://www.facebook.com/ChildrenFirstForOregon/posts/10157305429205331	
Monday 10/31	Problem	<p>Congratulations to Columbia Gorge CCO for winning a 2016 RWJF Culture of Health Prize!</p>	http://www.rwjf.org/en/library/collections/coh-prize-winners/2016-winner-oregon-washington.html	https://www.youtube.com/watch?v=kuoz3tCn6xY