


| Date | Post Copy | Link | Visual | Targeting |
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| Monday 9/3 | Today is a great reminder to advocate for healthier options for eating and exercise at work. #PlaceMattersOR | NA |  | Sex: M-F Age: 24-65+ Interests: Public Health, Oregon, Labor Day, Workplace Wellness, Health & Wellness, Equal Opportunity, Health, Politics and Social Issues, Social Equality, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Education |
| Wednesday 9/5 | How easy is it for children in your community to walk or bike to school? @oregonsaferoutes 🚶🚲🏠 | https://cnn.it/2P4lw4g | NA | Sex: M-F Age: 24-65+ Interests: Oregon, Robert Wood Johnson Foundation, Community Issues, Public Health, Health Promotion, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, Living Healthy, Healthcare, Active Lifestyle, Sports, Education, Physical Activity, Education, Biking, Bike, Cycling, Walking, Parents (All), Walkability |
| Friday 9/7 | Fun fact Friday: Kids return from recess feeling more focused, not less. #PlaceMattersOR | https://bit.ly/2m9TOXX | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Social Equality, Health Promotion, Active Lifestyle, Fitness and Wellness, Farmers Market, Fresh Produce, Health and Wellness, Parents (all), Biking, Family Fun, Healthcare, Education, Community Issues, Portland, Oregon, Healthy diet, Pulmonary Hypertension Association, World Hypertension Day, Obese Records, The Obesity Society, Weight loss (Fitness & wellness) weight loss (fitness and wellness), Urban farming, farmers market, local produce, The New York Times Food, Center for Science in the Public Interest, Nutrition, Sugar, candy, junk food, Burger King, |

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| | | | | McDonalds, Big Mac, Cholesterol |
| Monday 9/10 | There's more to space than what meets the eye. | https://bit.ly/2zq7Pd_k | NA | Sex: M-F Age: 24-65+ Interests: Oregon, Public Health, Community Issues, Culture, Social Equality, Social Change, Local Government, Government, Activism, Healthcare, Native American Culture, Social Equality, Native American Times, United States |
| Wednesday 9/12 | Want to get involved in making your community a healthier place? There's a spot for you at the Place Matters Oregon Conference. | https://bit.ly/1FgQd_b6 |  | Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Community Issues, Health, Social Change, Social Movement, Equal Opportunity, Health & Wellness, Humanitarianism, Local Government, Health & Wellness, Oregon, Politics and Social Issues, Social Equality, Health Promotion |
| Friday 9/14 | "We know that stress causes things to happen inside your body and brain. When we think about the very long history of racism in America and we think about Black moms experiencing racism and stress, that baby's going to have effects in utero. This is an American problem." | https://bit.ly/2Oa4fY_4 | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Black Lives Matter, Social Equality, Health & Wellness, Healthy, Environmental health, Oregon, Community Issues, Social Issues, Education, Parents (All), Birth, Childbirth, Motherhood, Social Change, African American (US), The Root (Magazine), Essence (Magazine), Human Rights |
| Monday 9/17 | When soft drinks are more abundant than water, the effects on health can be devastating. | https://nyti.ms/2NiLfFM | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Convenience Store, Oregon, Community Issues, Soda, Coca-Cola, Soft Drinks, Pepsi, Diet Coke, Perrier, PBS, Buzzfeed, Social Equality, Diabetes Mellitus Type 2 Awareness, Fast Food, Cholesterol, Health & Wellness |
| Wednesday 9/19 | "It was the perfect spot. For timber, jobs and in 1954, a tragedy." Learn more: | http://placematterso | NA | Sex: M-F Age: 24-65+ |

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| | | regon.com/series-journey-1-3/ | | Interests: Community Issues, Public Health, Health Promotion, Education, Physical Activity, City Planning, Urban Planning, Infrastructure, Health & Wellness, Native American Culture, Social Equality, Native American Times, Oregon, United States, Pow Wow, PBS |
| Friday 9/21 | #DYK: @TriMet has a new fare. Click to learn more. | https://bit.ly/2MljSOm | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Oregon, Public Transport, Pollution, transit, Portland, Bus, Environmentalism, commuters, Road Cycling, Pacific Northwest, The New York Times, Walkability, Walking, Parks and Recreation Education, Biking, Bike, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Physical Exercise, Walking, Athletics, Walkability, Hiking, Blue Zones |
| Monday 9/24 | What kinds of workplace wellness choices are available where you work? | https://bit.ly/2KEbaqd | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Public Health, Oregon, Labor Day, Workplace Wellness, Health & Wellness, Equal Opportunity, Health, Politics and Social Issues, Social Equality, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Education, Walkability |
| Wednesday 9/26 | Federal recognition would allow the Chinook to establish a reservation and gain native fishing rights. It would also open up health, education and cultural benefits for the tribe's 3,000 members. | https://bit.ly/2Kp40WF | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Global Warming, Community Issues, Physical Exercise, Native American Culture, Social Equality, Native American Times, United States, Education, Healthcare |
| Friday 9/28 | A town in California is thinking of EVERYONE when they talk about building healthy communities. | https://bit.ly/2uTTS1C | NA | Sex: M-F Age: 24-65+ Interests: Public Health, Social Responsibility, Parents (all), Health Promotion, Farmers |

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| | | | | Market, Fresh Produce, Politics and Social issues, Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Mental Health, Education, Community Issues, California, Black Lives Matter |
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