
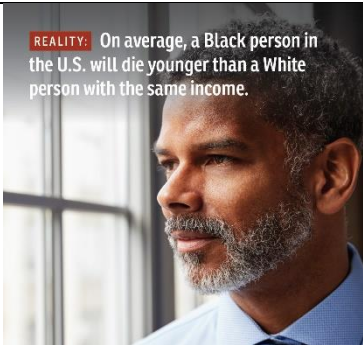


Date	Post Copy	Link	Visual	Targeting
Wednesday 1/2	Prioritize employee wellness in the new year. Empowered staff are better able to support student's well-being, creating a healthier school for all.	<a href="https://bit.ly/2PXiZ08">https://bit.ly/2PXiZ08</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, employee engagement, Fitness and Wellness, schools, education, Oregon, teacher, living healthy, physical exercise
Thursday 1/3	Voices for Healthy Kids Grant Opportunities due January 11. Check out this effort of @AmericanHeartAssociation and @RobertWoodJohnsonFoundation to create a culture of health with the Voices for Healthy Kids initiative. Learn more:	<a href="https://bit.ly/2LsOHh0">https://bit.ly/2LsOHh0</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> American Heart Association, Oregon, Robert Wood Johnson Foundation, healthy diet, super healthy kids, living healthy, physical exercise, grant coordinator, public health, schools, education, fitness and wellness
Friday 1/4	The "RESPECT" campaign, led by @trailblazers own Damian Lillard, highlights the importance of standing up for the rights of others.	<a href="https://bit.ly/2Dw5EVX">https://bit.ly/2Dw5EVX</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Damian Lillard, Portland, Portland Trail Blazers, NBA, basketball, college basketball, Oregon, bullying awareness, stop bullying, super healthy kids, living healthy, physical exercise, respect, moda center, public health, schools, education, fitness and wellness
Monday 1/7	Yes, place matters.	NA	 <p>© 2020 Ted Goff www.tedgoff.com</p>	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public health, Oregon, health promotion, education, health, healthy living
Tuesday 1/8	Make a plan to enjoy the great outdoors! The National Park Service announced five fee-free days for 2019, the first of which is Martin Luther King Day on January 21.	<a href="https://bit.ly/2LrZnwH">https://bit.ly/2LrZnwH</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, national parks, hiking, REI, hiking trails, walking, Patagonia, Columbia

Wednesday 1/9	Gather your coworkers, family and friends to celebrate #NationalTakeTheStairsDay.	NA		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Health & Wellness, Healthy, Environmental health, Oregon, Public Health, Health Promotion, employee engagement, Fitness and Wellness, Oregon, living healthy, physical exercise
Friday 1/11	Taking simple steps like addressing students by their interests such as "scientists," "readers," or "athletes" can help make classrooms more inclusive. ♡♡♡♡♡♡	<a href="https://n.pr/2RS6lro">https://n.pr/2RS6lro</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, Public Health, Social Equality, Oregon, Schools, cultural diversity, education, teacher, diversity training, gender-neutral language, LGBTQ community, LGBTQ nation
Monday 1/14	Historically, Oregon's landownership policies have explicitly excluded African Americans. This book emboldens African-heritage growers to reclaim their dignity as agriculturists and for all of us to understand the contributions of African-heritage people to sustainable agriculture.	<a href="https://n.pr/2ErzegG">https://n.pr/2ErzegG</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, fresh produce, farmer, Public Health, Health Promotion, Education, Urban agriculture, Health & Wellness, Culture, Oregon, NPR, The New York Times, Farmer's Market, Local Food, Vegetable, Local Food, diversity, cultural diversity
Tuesday 1/15	Why does it seem as if poverty is segregated to certain neighborhoods? What's the secret to addressing the root of intergenerational poverty? The 'This is Community' podcast created by @PurposeBuiltCommunities explores these questions and more.	<a href="https://bit.ly/2Gxfydi">https://bit.ly/2Gxfydi</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Oregon, The New York Times, Community, Health & Wellness, Equal Opportunity, Health, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Education, community issues
Wednesday 1/16	This housing development is bringing people back home. #PlaceMattersOR	<a href="https://bit.ly/2RX3QcG">https://bit.ly/2RX3QcG</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Oregon, The New York Times, Community, Health & Wellness, Equal Opportunity, Health, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social

				Services, Environment, Education, Walkability, Community Issues
Friday 1/18	@TriMet's reduced, low-income fare can mean the difference in getting back on your feet. @StreetRoots To see if you qualify for their ride for less program, visit: trimet.org/lowincome.	<a href="http://bit.ly/2RiD7Hh">http://bit.ly/2RiD7Hh</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public health, health promotion, healthy lifestyle, transportation, community, community issues, social services, environment, education, social equality, Portland, Oregon
Monday 1/21	More and more we're seeing that first-time mothers in big cities and the coasts are older, while in rural areas, the Great Plains and in the South they tend to be younger. How do you see this reflected in your community?	<a href="https://nyti.ms/2SeVmhi">https://nyti.ms/2SeVmhi</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, United States, motherhood, pregnancy
Tuesday 1/22	HOLD for JTC share	NA	NA	NA
Wednesday 1/23	We asked, you answered. Here are "pictures of health" from around Oregon.  <b>an album to exist on Facebook titled Picture of Health + Description:</b> At the 2018 Oregon Place Matters Conference, we asked attendees to submit a photo that captures a "picture of health" in their community.	NA	See bottom of document for photos to go in album	NA
Friday 1/24	Go bananas! A literal depiction of food for thought. 🍌🍌🍌	<a href="https://wapo.st/2UaVXST">https://wapo.st/2UaVXST</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, Public Health, Social Equality, Oregon, Schools, cultural diversity, education, teacher, diversity training

Monday 1/28	Misconception: Black people in the U.S. face shorter life expectancy than Whites because poverty affects health, and a larger share of Blacks live in poverty.	<a href="https://bit.ly/2pt56lG">https://bit.ly/2pt56lG</a>		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Social Responsibility, Health Promotion, Healthy Habits, Healthy Life, Healthy Lifestyles, Education, Community Issues, Oregon, United States,
Tuesday 1/29	HOLD for JTC share	NA	NA	NA
Wednesday 1/30	It may seem counter intuitive, but physical activity is a proven strategy to reduce arthritis pain. The Newport Activity Center is helping to build a healthier, stronger community by providing the Walk With Ease (WWE) program to Newport, Oregon residents. 🧑	<a href="https://bit.ly/2KQ9CdG">https://bit.ly/2KQ9CdG</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> public health, health promotion, healthy lifestyle, active lifestyle, healthy living, education, arthritis Foundation, Arthritis Awareness, The Arthritis Society, walking, physical activity, Oregon



Wednesday 1/23 photos:



A picture from our 2018 Burns Paiute Tribe Culture Camp. Group of adults and youth playing Shinny.



Photo from our Native fitness training, which we co-host with the N7 project at Nike.



Siletz tribe's Run to the Rogue, which is the Siletz tribe's "Trail of Tears" where we reverse our removal from our ancestral homeland

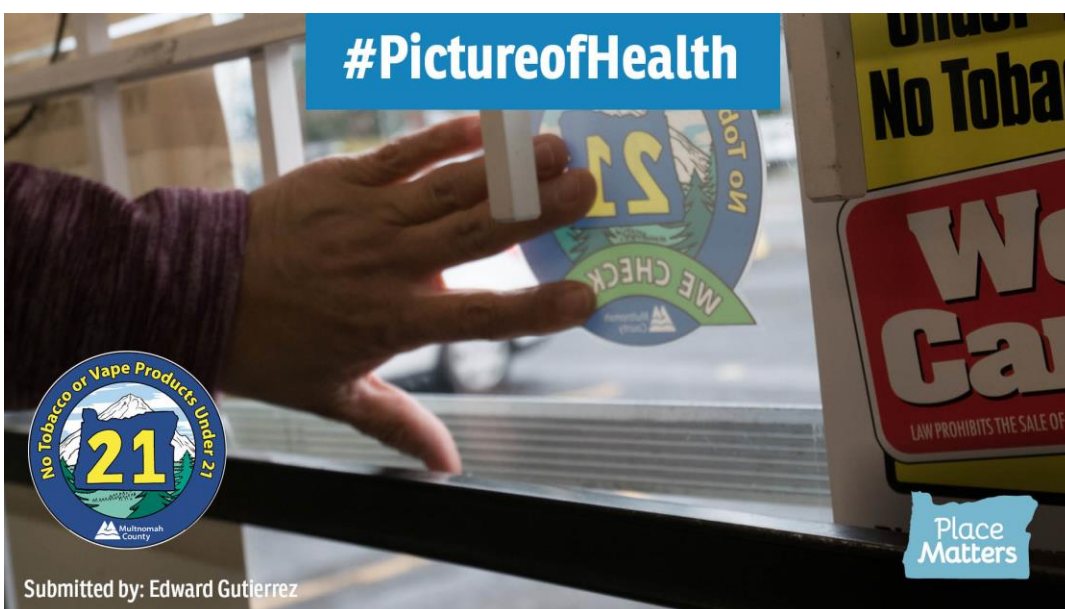




A recent adaptive camping trip hosted by Adventures Without Limits in collaboration with Oregon Parks Department, Oregon Spinal Cord Injury Connection, the Oregon Office of Disability and Health, and Oregon Health and Outdoors Initiative. We got funding from the Oregon Parks Foundation and Health Share of Oregon.



Photo from Metro Planning, Photo credit: Metro/Jonathan Maus/BikePortland



#PictureofHealth



Submitted by: Monica Yellow Owl

#PictureofHealth



Submitted by: Tacey Mason

Photo from our annual pow wow at Pioneer Courthouse square.



**#PictureofHealth**



Submitted by: Cynthia Edwards

Place  
Matters

Coos Bay Lady Bug Landing community garden

**#PictureofHealth**



Submitted by: Antoinette Aguirre

Place  
Matters

The Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians canoe races and canoe journey this year.