


Date	Post Copy	Link	Visual	Targeting
Friday 2/1	We all know someone affected by heart disease. Tomorrow, wear red to raise awareness and increase prevention. #WearRedDay #AmericanHeartMonth	https://bit.ly/2TESTgx	NA	Sex: M-F Age: 24-65+ Interests: Public Health, heart healthy living, American Heart Association, American Heart Month, Heart Disease Awareness, Fitness and Wellness, Oregon, living healthy, physical exercise
Sunday 2/3	This month-long event brings together the community by sharing education, art and culture. How will you celebrate #BlackHistoryMonth?	https://bit.ly/2SM1NJp	NA	Sex: M-F Age: 24-65+ Interests: Black history month, community issues, black history, racial equality, anti-racism, Racism in the United States, Portland, Oregon, health promotion, public health, gentrification
Monday 2/4	HOLD for JTC share	TBD	NA	Sex: M-F Age: 24-65+ Interests:
Wednesday 2/6	Luxembourg is the first country in the world with entirely free public transportation. How would this empower your community? 	NA	NA	Sex: M-F Age: 24-65+ Interests: Public health, Oregon, health promotion, transportation, health, healthy living, urban planning
Friday 2/8	The increase in dollar stores makes access to healthy foods a challenge in low-income communities. "Like Walmart before them, these retailers present themselves as creators of jobs and sources of low-cost goods and food in 'left-behind' areas—both urban and rural."	NA	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, Fast food, Fast food restaurants, New Seasons, Whole Foods, gentrification, social equality
Monday 2/11	We can all relate to the urge to purchase sweet and salty snacks. Moving snacks away from checkout aisles supports us to	NA	https://bit.ly/2Cm6kMP	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health

	keep on track with our health goals.			Promotion, food, wellness, health & wellness, Walmart, Fast food, Fast food restaurants, New Seasons, Whole Foods, social equality,
Tuesday 2/12	HOLD for JTC share		NA	Sex: M-F Age: 24-65+ Interests:
Wednesday 2/13	In Oregon, the average income level needed to be financially secure may surprise you.	https://cnb.cx/2SJWYA3	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Health Promotion, Education, Oregon, NPR, The New York Times, diversity, cultural diversity, social equality, racial equality, income
Friday 2/15	Kudos to @SafeRoutesPNW for expanding access to Cully Park, making the park easier to reach for all. @portlandparks #SafeRoutesGives	https://bit.ly/2F38m6S	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Oregon, Community, Health & Wellness, Equal Opportunity, Health, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Portland, community issues, parents (all)
Monday 2/18	Take a look at this interactive map, showing local restaurants owned by people of color. Do you know of others? Add it to the map! @equitymatters	http://bit.ly/2Fz3lm9	NA	Sex: M-F Age: 24-65+ Interests: 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, racial equality
Tuesday 2/19	HOLD for JTC share		NA	Sex: M-F Age: 24-65+ Interests:

Wednesday 2/20			NA	Sex: M-F Age: 24-65+ Interests: 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
Friday 2/22	HOLD for sodium video #1	NA	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, Fast food, Fast food restaurants, New Seasons, Whole Foods, gentrification, social equality, heart disease awareness, sodium, human nutrition
Monday 2/25	"A 10-minute walk can enhance physical fitness, reduce the risk of chronic disease and improve brain function, like learning and memory." The easier the access is to public parks the more likely communities are to use them.	https://nyti.ms/2L8nbW5	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Oregon, The New York Times, Community, Health & Wellness, Health, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Environment, Walkability
Friday 1/24	Go bananas! A literal depiction of food for thought. 🍌🍌🍌	https://wapo.st/2UaVXST	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Social Equality, Oregon, Schools, cultural diversity, education, teacher, diversity training
Tuesday 2/26	HOLD for JTC share		NA	Sex: M-F Age: 24-65+ Interests:

Wednesday 2/27	HOLD for sodium video #2	NA	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, Fast food, Fast food restaurants, New Seasons, Whole Foods, gentrification, social equality, heart disease awareness, sodium, human nutrition
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