


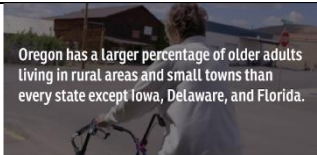




Date	Post Copy	Link	Visual	Targeting
Monday 4/1	No fooling. Experts from 14 countries say we need to pay more respect to the planet and the places we live. Changing the way food is manufactured and marketed is a good place to start.	<a href="https://lat.ms/2GcNDhJ">https://lat.ms/2GcNDhJ</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Pacific Northwest, Oregon, Fitness and Wellness, living healthy, physical exercise, fast food, New Seasons Market, Whole Foods, Fred Meyer
Tuesday 4/2	HOLD for JTC share	TBD	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> TBD
Wednesday 4/3	Most of the sodium we eat isn't added when we cook or salt our food. 70% of it comes already baked into processed and prepackaged foods. Read the latest Health Within Reach on sodium here:	<a href="http://bit.ly/2HHRNOX">http://bit.ly/2HHRNOX</a>		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> public health, healthy living, social equality, health and wellness, health promotion, heart disease, diabetes, healthy living, healthy habits, community issues, community, Oregon, fast food, McDonald's, New Seasons Market, Fred Meyer, Whole Foods
Friday 4/4	Tomorrow is #NationalWalkToWorkDay! Encourage your workplace to shake up everyone's commute. 🚶	NA		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public health, Oregon, health promotion, walking, running, parents (all), mom, dad, community issues, healthy habits, healthy life
Monday 4/8	#PlaceMattersOR ❤️ @victoryfortoday	NA	Children will play with everyone until someone tells them not to ❤️ 	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, anti-racism, parents (all), community, community issues, social equity, social equality
Tuesday 4/9	HOLD for JTC share	TBD	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> TBD

Wednesday 4/10	"Healthy drinks with kid's meals will be the new normal in New York City no matter where they are eating." By making the healthy choice the default, restaurants become a better place for families.	<a href="http://bit.ly/2HVrqFI">http://bit.ly/2HVrqFI</a>	TBD	<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, Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer
Friday 4/12	Deserae is an inmate and lead cook at Coffee Creek Correctional Facility. See how she is helping cut sodium in Oregon correctional facilities.	NA	Sodium Video #1 (Deserae)	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, Public Health, Health Promotion, Education, Oregon, healthy living, healthy habits, nutrition, Healthy Lifestyles, Education, Community Issues, Oregon, Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer
Monday 4/15	Age bias can be subtle — a whispered comment, a snide dig. What do you see in your workplace?	<a href="https://cn.n.it/2DVacFq">https://cn.n.it/2DVacFq</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> 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)
Tuesday 4/16	Enduring traumatic experiences as a child can have lasting impacts on mental and physical health later in life. How is your community creating safer, healthier places for kids to thrive? #StressAwarenessDay @OREarlyLearning	<a href="http://bit.ly/2Tkrpfz">http://bit.ly/2Tkrpfz</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> : 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), education
Wednesday 4/17	HOLD for JTC share	TBD	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b>

Friday 4/19	When young people move away from rural places, the older population is left to age. What can we do in Oregon to support healthy living in our rural communities?	<a href="http://bit.ly/2lkgSRs">http://bit.ly/2lkgSRs</a>		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, United States, rural area, retirement, AARP, retirement community, successful aging, mental health, health care provider
Monday 4/22	In Oregon, we share a state of spectacular physical wonders. However, our communities don't share the same access to physical health. That's why #PlaceMatters #KeepAmericaBeautifulMonth 	<a href="http://bit.ly/2TMge4p">http://bit.ly/2TMge4p</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, healthy life, healthy habits, nature, hiking
Tuesday 4/23	HOLD for JTC share	TBD	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> TBD
Wednesday 4/24	How has ageism affected your health? Explore this collection of articles on what aging means to women. #disruptaging @AARP	<a href="https://r29.co/2Hv7GIM">https://r29.co/2Hv7GIM</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, Public Health, Social Equality, Oregon, Schools, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, United States, rural area, retirement, AARP, retirement community, successful aging, mental health, health care provider
Friday 4/26	Congratulations Douglas County! New sidewalks, added bike lanes and improved student crossings will support health for all in Roseburg.  @BlueZonesProjectUmpqua	<a href="http://bit.ly/2RF9ftb">http://bit.ly/2RF9ftb</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, transportation, health

	@RoseburgPublicSchools @SafeRoutesPNW			promotion, parents, healthy life, healthy habits
Monday 4/29	Misconception: To reduce sodium, just put down the salt shaker.	TBD (Sodium Chapter on PMO website)	TBD (sodium graphic with edited copy)	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Community Issues, Public Health, Health Promotion, Education, Oregon, healthy living, healthy habits, nutrition, Healthy Lifestyles, Education, Community Issues, Oregon, Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer