

Date	Post Copy	Link	Visual	Targeting
Wednesday 5/1	To kick off #NationalBikeMonth join @TheStreetTrust's Bike More Challenge! Gather your friends or coworkers to ride a bike anywhere, anytime May 1-31 🚲.	http://bit.ly/2Ibiegp		Sex: M-F Age: 24-65+ Interests: Public Health, Pacific Northwest, Oregon, Fitness and Wellness, living healthy, physical exercise, Portland, community issues, urban planning, biking
Friday 5/3	Creating places where all people can succeed will require inclusive economic development and a targeted approach towards historically disinvested and disenfranchised groups. The first ever Black Business Summit in Oregon will inspire and educate aspiring business owners and celebrate black business leaders.	TBD	NA	Sex: M-F Age: 24-65+ Location: Portland (25 miles) Interests: Public Health, Oregon, Community, Equal Opportunity, Health Promotion, Community, Social Services, Environment, Portland, community issues, student, Portland State University, college student, some college, recently moved, friends of recently moved, business management, business studies, small business owners, business and finance
Monday 5/6	Walking, physical activity and education programs can help reduce arthritis pain. Join a Walk with Ease program in your community or online. #NationalArthritisAwarenessMonth 🚶🚶	http://bit.ly/2UPo9tH		Sex: M-F Age: 24-65+ Interests: public health, healthy living, health and wellness, health promotion, healthy living, healthy habits, community issues, community, Oregon, walking, arthritis awareness
Tuesday 5/7	HOLD for JTC share	NA	NA	Sex: M-F Age: 24-65+ Interests: TBD
Wednesday 5/8	Oregon is a place of magnificent wonders. This list includes universal access hiking options for all. #NationalWildflowerWeek 🌸🌸🌸	http://bit.ly/2XZkdIG	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health

				Promotion, food, fitness, wellness, health & wellness, nature, REI, hiking, Patagonia, Portland, Oregon, hiking trails, walking, Oregon coast
Friday 5/10	#DYK: 70% of the sodium we eat comes already baked into processed, prepackaged and restaurant foods.	http://bit.ly/2UP5fHu		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, Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer
Monday 5/13	Portland Sunday Parkways begins May 19! Get active with this series of free events - all ages and abilities are welcome to walk, bike and roll. The first event this year will take riders through SE Portland. #SundayParkways 	http://bit.ly/2XoyyhG		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, biking, walking, parents (all)
Tuesday 5/14	HOLD for JTC share	TBD	TBD	Sex: M-F Age: 24-65+ Interests: TBD
Wednesday 5/15	About 95% of inmates in Oregon will eventually be released. When they leave prison healthier, our communities are healthier, too. @ORCorrections leaders have used their purchasing power to push national food companies to provide affordable, lower-sodium foods.	NA	Sodium Expert video	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), Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer
Friday 5/17	What if schools in Oregon considered increasing opportunities for kids to be active throughout the day?	http://bit.ly/2VfMjli	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), education
Monday 5/20	Walking in Portland poses more barriers for black people than others. The reasons why might surprise you.	http://bit.ly/2VfYajn	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), education, urban planning, Portland
Tuesday 5/21	HOLD for JTC share	TBD	TBD	Sex: M-F Age: 24-65+ Interests: TBD
Wednesday 5/22	Tobacco companies, barred from targeting children for cigarette sales, focused their marketing on young people to sell sugary beverages. And they turned generations of children into unhealthy, but loyal customers.	https://nyti.ms/2ZOpqoA	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, healthy life, healthy habits, nature, hiking
Friday 5/24	Measuring wealth goes beyond money. Can we protect those we love? Can we support them to be healthy? Can we work where we feel respected and find meaning?	https://nyti.ms/2Zx1dCU	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, equal opportunity, social equality, anti-racism, New York Times
Tuesday 5/28	Find out how healthy your county in Oregon is and explore factors that affect your health. #PlaceMattersOR	http://bit.ly/2VkkS9P	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Social Equality, Oregon, Social Responsibility, Health Promotion, Active Lifestyle, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, United States, health care provider

Wednesday 5/29	HOLD for JTC share	TBD	TBD	Sex: M-F Age: 24-65+ Interests: TBD
Thursday 5/30	Cigarettes on airplanes, soda in schools. The first used to be accepted, and unfortunately the second still is. We need to take extra care to create healthy learning environments for children.	NA		Sex: M-F Age: 24-65+ Interests: 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, parents (all), schools, education, teacher
Friday 5/31	The high cost of housing is a problem that's impacting every U.S. county. People are facing difficult tradeoffs, like paying for rent or food and medication.	https://cbsn.ws/2I71E1j	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Health Promotion, Education, Oregon, healthy living, Portland, urban planning, social equality, community, anti-racism, activism, housing