









Date	Post Copy	Link	Visual	Targeting
Tuesday 10/1	Tomorrow is International Walk + Roll to School Day! Join adults and children around the country to celebrate the benefits of walking, biking or rolling 🚶🚲♿ @saferoutespnw @bluezonesprojectumpqua	http://bit.ly/2kwPlkB		Sex: M-F Age: 24-65+ Location: Roseburg Interests: Public Health, Oregon, Community, Equal Opportunity, Health Promotion, Community, Social Services, Environment, Portland, community issues, urban planning, health, physical activity
Wednesday 10/2	HOLD for JTC share	NA	NA	Sex: M-F Age: 24-65+ Location: Oregon Interests: TBD
Wednesday 10/4	History is power. It reminds us that the real story is the resilience of people. It also tells us where we've been, how we got here, and all we've accomplished and contributed along the way. Celebrate and honor #NationalLatinoHeritageMonth with this series of events @UODiversity:	http://bit.ly/2pEITLI		Sex: M-F Location: Eugene Age: 24-65+ Interests: Public Health, Oregon, Community, Equal Opportunity, Health Promotion, Community, Social Services, Environment, Portland, community issues, urban planning, health, physical activity, diversity, cultural diversity, diversity training
Monday 10/7	This program connects seniors and youth in rural areas, reducing isolation. Would an intergenerational program like this work in your community? #HealthyAging	http://bit.ly/2LMR6Fm		Sex: M-F Age: 24-65+ Location: Oregon Interests: public health, healthy living, health and wellness, health promotion, healthy living, healthy habits, community issues, community, Oregon
Tuesday 10/8	HOLD for JTC share	NA	NA	Sex: M-F Age: 24-65+ Location: TBD Interests: TBD
Wednesday 10/9	ICYMI: Check out this brand new vehicle-free trail in the Columbia River Gorge to walk, bike or roll! @OregonDOT 🚶🚲♿	http://bit.ly/2m98tWu		Sex: M-F Age: 24-65+ Location: Oregon 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, parents (all)
Friday 10/11	Remembering Marca Bristo, a tireless leader in passing the Americans with Disabilities Act. Her work changed the lives of millions of people, demanding that society change the way we build buildings, doorways and bus lifts. And so much more.	https://to.pbs.org/2kviPzC	 A portrait of Marca Bristo, a woman with glasses and a blue shirt, smiling. Below the image is a small caption: "PUBLISHED: How Marca Bristo took down barriers for Americans with disabilities".	Sex: M-F Age: 24-65+ Location: Oregon Interests: Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, parents (all)
Monday 10/14	Kudos to Oregon winners of the @AARP's Community Challenge Grants to make communities liveable for people of all ages. @APANOnews @cityofsalemor @center50plus @talentmakercity	http://bit.ly/31KZ8UA	 A group of people, including a woman in a grey jacket, clapping and smiling in a room with large windows.	Sex: M-F Age: 24-65+ Location: Portland Interests: Public Health, Social Responsibility, Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, urban planning,
Tuesday 10/15	HOLD for JTC share	NA	NA	Sex: M-F Age: 24-65+ Location: TBD Interests: TBD
Wednesday 10/16	"Close to half of all 2- to 5-year-olds in the U.S. drink sugary drinks every day, which increases their risk of obesity, diabetes and other health problems." You might be surprised to learn that 100% juice has nearly the amount of sugar as soda.	https://nyti.ms/30MI CC4	NA	Sex: M-F Age: 24-65+ Location: Oregon 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, parents (all), junk food, Fred Meyer
Friday 9/20	Nine out of 10 tobacco retailers in Oregon sell candy-flavored e-cigarettes. The industry knows that kids and teens love flavors. Sweet tobacco is designed to hook youth and to generate new customers for a deadly product.	https://placemattersoregon.com/misconceptions-retail-tab/	 Two young women, one in a black t-shirt and one in a black t-shirt with white stripes, looking at a display of products in a store.	Sex: M-F Age: 24-65+ Location: Oregon 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 10/21	Our health depends on the conditions in our communities. Strong social ties and affordable housing are just two. Read more to learn about the others:	http://bit.ly/2IRGcTY		Sex: M-F Age: 24-65+ Location: Oregon 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
Tuesday 10/22	HOLD for JTC share	TBD	TBD	Sex: M-F Age: 24-65+ Location: TBD Interests: TBD
Wednesday 10/23	@WildDiversity is an Oregon-based group that creates safe and welcoming spaces in the outdoors for People of Color and the LGBTQ community. Check out their upcoming fall activities! 🍁🌲	http://bit.ly/31LcsIx		Sex: M-F Age: 24-65+ Location: Oregon 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), diversity
Friday 10/25	A recent look at nearly 2,000 stores in Oregon reveals the tactics used by the tobacco industry to push its deadly products. Read more in our latest blog:	http://healthwithinreach.org/		Sex: M-F Age: 24-65+ Location: Oregon 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
Monday 10/28	Walking, rolling or other physical activity can help reduce arthritis pain. Join a Walk with Ease program in your community. 🦽👤 Follow this link, enter your zip code, and find a program near you!	https://communitypass.org		Sex: M-F Age: 24-65+ Location: Oregon 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
Tuesday 10/29	HOLD for JTC share	TBD	TBD	Sex: M-F Age: 24-65+ Location: TBD Interests: TBD
Thursday 10/31	Candy-flavored tobacco is a trick, not a treat - and it's for sale in your neighborhood. Read about how tobacco is cheap, sweet and plentiful in Oregon:	http://bit.ly/2OIM1pe		Sex: M-F Age: 24-65+ Location: Oregon 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, tobacco prevention, anti-tobacco, health care provider