



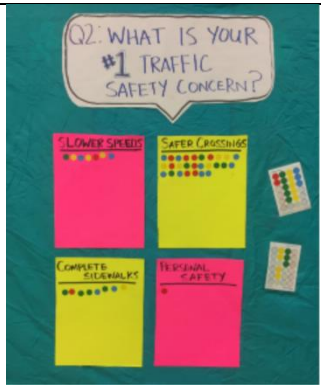






Date	Post Copy	Link	Visual	Targeting
Friday 11/1	The @ULPDX is working to paint a fuller picture of Black life throughout Oregon and is looking for your help. Fill out the Black Oregonian Civic Survey and share it with your friends:	http://bit.ly/31om9vL		Sex: M-F Age: 18-55 Location: Portland Interests: black lives matter, community service, empowerment, community issues, nonprofit organization, social movement, diversity training, motivation, social equality, urban area, cultural diversity, activism, charitable organization, inclusion, urban planning, Portland Oregon, equal opportunity, community development
Monday 11/4	Let's celebrate the resilience of Native American people by recognizing their challenges -- past and present. Check out @UODiversity's series of events for #NativeAmericanHeritageMonth here:	http://bit.ly/2nXEOAJ		Sex: M-F Age: 18-55 Location: Eugene Interests: native American culture, diversity training, cultural diversity, University of Oregon, native American studies, University of Oregon
Wednesday 11/6	Mark your calendars for #NationalHikingDay on November 17. This group hike takes off from SW Portland, sets a pace tailored to each group, and won't leave anyone behind. 🌲👤👤. Find out more here:	http://bit.ly/2P7g9Fa		Sex: M-F Location: Portland Age: 18-55 Interests: Oregon, Community, thru-hiking, activism, Portland Oregon, REI, community, Patagonia of Portland, hiking
Friday 11/8	People living just a few blocks apart may have vastly different opportunities to live a long life. Enter your address to see how your community compares. @RobertWoodJohnsonFoundation #PlaceMattersOR	https://rwjf.ws/2pDpDx6	 <small>© 2019 RWJF</small> Could where you live influence how long you live? <small>Explore how life expectancy in America compares with life expectancy in...</small>	Sex: M-F Age: 18-55 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: 18-55 Location: TBD Interests: TBD

<p>Monday 11/11</p>	<p>This Newberg teen is helping kids of all abilities be physically active in this new class. "I hope people get inspired to do the same thing for their community, because I think inclusion would spread a lot faster." @ORThrive @Fox12Oregon</p>	<p>http://bit.ly/2VPjmdz</p>		<p>Sex: M-F Age: 18-55 Location: Oregon Interests: community issues, special education, disability rights movement, activism, Oregon, inclusion (disability rights), special education (field of study), special education teacher</p>
<p>Tuesday 11/12</p>	<p>HOLD for JTC share</p>	<p>NA</p>	<p>NA</p>	<p>Sex: M-F Age: 18-55 Location: Oregon Interests: TBD</p>
<p>Wednesday 11/13</p>	<p>Children who go to school near many stores that sell tobacco are more likely to smoke. What's for sale in your neighborhood?</p>	<p>placematresoregon.com</p>		<p>Sex: M-F Age: 18-55 Location: Oregon 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,</p>
<p>Thursday 11/14</p>	<p>Over 1 million people in Oregon live with prediabetes and 90% are unaware they have it. Find out more about @CDCDiabetes lifestyle change programs that could make a difference. #NationalDiabetesMonth #WorldDiabetesDay @ORMedicine @OregonHealthAuthority</p>	<p>http://bit.ly/2q1NHVA</p>		<p>Sex: M-F Age: 18-55 Location: TBD Interests: fast food, community, community issues, health promotion, health & wellness, Fred Meyer, Whole Foods Market, diabetes prevention, New Seasons Market, cooking</p>
<p>Sunday 11/17</p>	<p>How can rural communities best use the resources they have to support their older populations? In honor of #NationalRuralHealthDay, let's celebrate the strength of people living in rural areas and recognize the unique health challenges they face.</p>	<p>NA</p>	<p>Jesse Richardson video</p>	<p>Sex: M-F Age: 18-55 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)</p>

Tuesday 11/19	HOLD for JTC share			Sex: M-F Age: 18-55 Location: Oregon Interests: TBD
Tuesday 11/20	<p>When Portland families asked for safer crossings, @saferoutespnw and @oregonwalks listened. Read how they removed barriers students face in getting to school safely. @PBOTInfo</p>	http://bit.ly/2N76f3Q		Sex: M-F Age: 18-55 Location: Portland 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
Wednesday 11/21	<p>A recent look at nearly 2,000 stores in Oregon reveals the tactics used by the tobacco and alcohol industries to push their deadly products. Read more in our latest blog:</p>	http://healthwithinreach.org/		Sex: M-F Age: 18-55 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 11/25	<p>Keep up the great work @CityofRoseburg! Employees are moving more, eating better, connecting socially, and finding purpose. The city's new workplace program is focused on the well-being of employees and the community as a whole. #WorkplaceWellness 🍌 @BlueZonesProject</p>	http://bit.ly/2MNMduY		Sex: M-F Age: 18-55 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
Tuesday 11/26	HOLD for JTC post			Sex: M-F Age: 18-55 Location: Oregon Interests: TBD

<p>Wednesday 11/27</p>	<p>What's your favorite place to explore after a Thanksgiving feast? #optoutside</p>			<p>Sex: M-F Age: 18-55 Location: Oregon Interests: Community Issues, Oregon, Health Promotion, Active Lifestyle, Healthy Habits, Healthy Life, Healthy Lifestyle, health and wellness, Education, Oregon,</p>
<p>Friday 11/29</p>	<p>#DYK: 70% of the sodium we eat comes already baked into processed, prepackaged and restaurant foods.</p>	<p>http://bit.ly/2UP5fHu</p>		<p>Sex: M-F Age: 18-55 Location: Oregon Interests: fast food, community, community issues, health promotion, health & wellness, Fred Meyer, Whole Foods Market, diabetes prevention, New Seasons Market, cooking</p>
<p>Thursday 10/31</p>	<p>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:</p>	<p>http://bit.ly/2OIM1pe</p>		<p>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</p>