


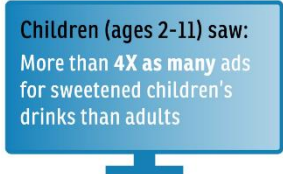




Date	Post Copy	Link	Visual	Targeting
Monday 12/2	<p>These red and green lanes aren't just for the holidays! The red lanes will help speed up buses, making @trimet faster and more reliable.</p> <p>   Learn more here:</p>	http://bit.ly/2ONGZ37		<p>Sex: M-F Age: 18-55 Location: Portland Interests: urban planning, community service, empowerment, community issues, nonprofit organization, social movement, public health, motivation, social equality, urban area, activism, charitable organization, inclusion, urban planning, Portland Oregon, equal opportunity, community development</p>
Tuesday 12/3	HOLD for JTC share	NA	NA	<p>Sex: M-F Age: 18-55 Location: TBD Interests: TBD</p>
Wednesday 12/4	<p>Housing for seniors in America is changing -- multigenerational living could have positive health benefits. @pdxcommons is a great example, included in this longer read.    </p>	http://bit.ly/31YrEBv		<p>Sex: M-F Location: Oregon Age: 18-55 Interests: Oregon, Community, urban planning, parents, family, community issues, health and wellness, activism, Portland Oregon, urban area</p>
Friday 12/6	<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.</p> <p>#WorkplaceWellness  @BlueZonesProject</p>	http://bit.ly/2MNMduY		<p>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, workplace wellness</p>
Monday 12/9	The tobacco industry knows the tremendous power of where they place products in stores and how it makes it harder for people trying to quit nicotine addiction.	placematte.rsoregon.com		<p>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, workplace wellness, tobacco prevention, Fred Meyer, WalMart</p>

Tuesday 12/10	HOLD for JTC share	NA	NA	Sex: M-F Age: 18-55 Location: TBD Interests: TBD
Wednesday 12/11	Congrats to @portlandparksfoundation for winning the #NeighborhoodBuilders Grant! The @portlandparks Summer Free For All Mobile Lunch + Play program will expand in east Portland.  @BankofAmerica	http://bit.ly/2DlatjA		Sex: M-F Age: 18-55 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, Portland Oregon, parents, teacher
Friday 12/13	DYK: In 2018, companies spent \$1.4 billion to advertise children's drinks with added sugars, mostly to kids under age 12.  @UConnRuddCenter@BerkeleyMediaStudiesGroup	http://bit.ly/2NjzgZV	TV AD EXPOSURE IN 2018 	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, parents, Coca-Cola, Sprite, Fred Meyer, teacher, education
Monday 12/16	A recent look at nearly 2,000 stores in Oregon reveals the tactics used by the tobacco industry to push their deadly products. Read more in our latest blog:	http://healthwithinreach.org/		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
Tuesday 12/17	HOLD for JTC share	NA	NA	Sex: M-F Age: 18-55 Location: TBD Interests: TBD

Wednesday 12/18	Heavy drinking can cause cancer, high blood pressure and mental health problems. But what is heavy drinking? The answer might surprise you.	http://bit.ly/2XM71lk	 <p>Heavy Drinking</p> <p>Men—15 or more drinks per week</p> <p>Women—8 or more drinks per week</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, wine, beer, parents, bars, Fred Meyer, Whole Foods Market
Friday 12/20	Happy Holidays from your friends at Place Matters Oregon!	NA		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
Monday 12/23	It doesn't have to be this way. An interesting read about the evolution of the cereal industry and how cheap sugar and kid-focused advertising contributed to the change. 🍎	http://bit.ly/2OlpBE4	 <p>Then vs. Now: How Breakfast Cereal Became So Sweet</p> <p>These days, America's cereal aisle is a colorful jungle of fruity, chocolaty.</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), education, Fred Meyer, Whole Foods Market
Thursday 12/26	HOLD for JTC share	NA	NA	Sex: M-F Age: 18-55 Location: TBD Interests: TBD
Friday 12/27	HOLD for diabetes post	<u>TBD</u>	TBD	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, diabetes prevention
Monday 12/30	Something to consider in the new year -- develop a walking school bus in your neighborhood! Less exhaust means less pollution, and more movement means more blood flow to your lungs, reducing triggers for asthma flares. Win-win! @saferoutesPNW	http://bit.ly/2DfQyTn		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
Tuesday 12/31	HOLD for JTC share	NA	NA	Sex: M-F Age: 18-55 Location: TBD Interests: TBD