




Date	Post Copy	Link	Visual	Targeting
Thursday 10/1	The Portland Bureau of Transportation designed a "Go By Greenways" contest in East Portland to make 25 miles of new greenways fun to explore. Check out these streets by that make it easier to walk, roll, bike or play! The "Go By Greenway" contest ends October 4th.	<a href="https://bit.ly/2G5NGNs">https://bit.ly/2G5NGNs</a>	 A graphic for "GO BY GREENWAYS" featuring a green banner with the text "GO BY GREENWAYS" in white. To the right of the banner is a cartoon zebra walking. The background is a light blue sky with white clouds and a grey path.	Sex: M - F Age: 18-55 Location: Portland Interests: PMO General Audience*  <b>**This post will not be boosted.</b>
Tuesday 10/6	LatinX Heritage Month, or Hispanic Heritage month, honors the enduring contributions of LatinX Americans to the U.S. Celebrate the many cultures of Americans from Mexico, the Caribbean, Spain and Central and South America. Learn more from @UniversityofOregon 🏡 🌿	<a href="https://bit.ly/32FcXqv">https://bit.ly/32FcXqv</a>	 A graphic for "LATINX HERITAGE MONTH 2020". The left side features a colorful, abstract design with yellow, red, blue, and green shapes. The right side is a solid green background with the text "LATINX HERITAGE MONTH 2020" in white, bold, sans-serif font.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Monday 10/12	Systemic racism touches every one of our communities, from Astoria to Ashland, Prineville to Pendleton. A history of discrimination is at the root of health challenges that affect tribal members at higher rates than other ethnic and racial groups. Watch here to learn more from @MonicaYellowOwl. @IndigenousPeoplesDay	Will link to upload on PMO Facebook.	 A video thumbnail showing a woman with long dark hair, wearing a grey hoodie, looking slightly to the side. A play button icon is centered over the image.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Tuesday 10/20	West Livaudais is helping to make Oregon more inclusive and accessible. As someone who lives with a disability and works at the @OregonOfficeonDisabilityandHealth, he shares inspiration in our first guest blog.	Link to disabilities blog.	N/A	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 10/27	Candy-flavored tobacco is a trick, not a treat -- and it's for sale in your neighborhood. Read more -- if you dare! 👻👻	<a href="https://bit.ly/32G6GLg">https://bit.ly/32G6GLg</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

**\*PMO General Audience:**

New parents, parents (all), education and libraries, activism, American Diabetes Association, anti-racism, arthritis awareness, CDC Tobacco Free, CDC, community development, community service, disability rights movement, empowerment, equal opportunity, gender equality, Fred Meyer, health promotion, healthy habits, healthy life, motivation, non-profit organization, Oregon, Portland Oregon, public health, racial equity, social equality, social movement, tobacco, urban area, urban planning, walking, workplace healthy promotion, workplace wellness, fitness and wellness, beer, wine, cooking