






Date	Post Copy	Link	Visual	Targeting
Tuesday 12/1	Here's something upbeat! Hip Hop Public Health gets kids excited about nutrition and health with music and dance. 🎵 🎶	https://on.today.com/3IE3LKg	 <p>TODAY.COM This organization uses hip hop to teach kids about health Hip Hop Public Health uses science and music to create free resources to...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 12/8	Every corner of this continent holds ancient history, Indigenous value and pre-colonial place names and stories. Enter your ZIP code into the Native Lands App and an interactive map will tell you the area's original language and tribal ties.	https://bit.ly/35Ctp1	 <p>YESMAGAZINE.ORG This App Can Tell You the Indigenous History of the Land You Live On - Yes! Magazine</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Monday 12/14	Happy holidays from Place Matters Oregon! 🌿	N/A	 <p>CELEBRATE THE SEASON</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

<p>Tuesday 12/22</p>	<p>It's okay to ask for help. COVID-19 has changed our lives and it can feel difficult for anyone. Use this page as a tool to help make sense of what you're going through. Learn more about resources and support that can help you, your loved ones, and the communities you live and work in.</p>	<p>https://bit.ly/2IAEI1V</p>			<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 12/29</p>	<p>What a year! What good things are you hoping for in 2021? 🎉</p>	<p>N/A</p>			<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

***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