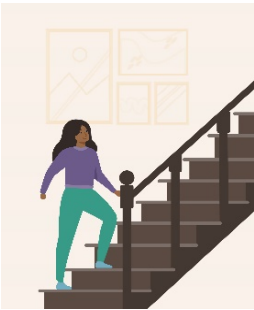
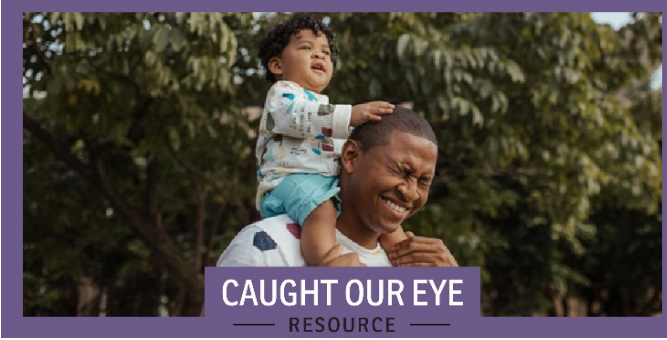







Date	Post Copy	Link	Visual	Targeting
Friday 4/1	Tomorrow is National Walk to Work Day! Whether your commute is across town or to the next room, find a way to include more walking or rolling in your day. 🚶🚲	N/A		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 4/6	The future of Oregon's children can be determined by their family's economic success, neighborhoods and more. Take a look at this intriguing report showing where Oregon children in low income families had the best outcomes. @TheOregonCF	http://bit.ly/3ev6uEU		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 4/8	Your next adventure starts here. Use this easy tool to find Oregon State Parks near you! 🏞️📱 @OregonStateParks	http://bit.ly/3evTlpY		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 4/13	DYK: Alcohol is the 3rd leading preventable cause of cancer, behind tobacco and obesity. Click here for more information about how even a modest amount of alcohol increases the risk of several types of cancer.	http://nyti.ms/3ryFmIV	 Should Your Cocktail Carry a Cancer Warning? As pandemic disruptions lead many of us to drink more, experts underscore the link between alcohol and disease. https://www.nytimes.com/2021/03/04/well/alcohol-cancer-risk.html	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Wednesday 4/14	Debido a que el COVID-19 sigue manteniéndose aislados, aquí tenemos algunos consejos útiles para estar más activos durante el día. Mira este vídeo para que tengas más información.	http://bit.ly/2PM6Hcw	 <p>Importante mantener ritual de ejercicios y hábitos saludables aún en casa SU SALUD. - Durante este periodo de aislamiento obligatorio para la mayoría de la población, menos gente está haciendo ejercicio u otras...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish-speaking audience
Thursday 4/15	Lessons from the pandemic have shown how to make America a fairer, more just and humane place. Measures that were considered too expensive or impractical have worked out pretty well. Read more here about how efforts have been imperfect, but we're learning.	https://nyti.ms/3cVWWjO		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 4/20	Black people need to feel safe walking in public, on trails and in recreational spaces in Oregon. Check out these three Portland walking routes created by @OregonWalks @PBOT @AARPOregon. #WeWalk #BlackToNature #BlackWalkingInitiative	http://bit.ly/3l5gmqp		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Wednesday 4/21	West Livaudais está ayudando a hacer de Oregon un lugar más inclusivo y accesible. Como alguien que vive con una discapacidad y trabaja en @OregonOfficeonDisabilityandHealth, él comparte su historia en nuestro primer blog invitado.	http://bit.ly/3bCNXF1	 <p>Una historia personal sobre hacer de Oregon un lugar más inclusivo Place Matters Oregon PMO: Primero que nada, muchas gracias por ser nuestro primer invitado en el blog "Place Matters Oregon" (PMO). ¿Podría contarnos un poco...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish-speaking audience

Thursday 4/22	This couple is overcoming many barriers that Black farmers have encountered since before Oregon became a state. "We really love what we do. We want to be an example to other people." Check out their story of making a dream come true. 🥕🥕 @MudBoneFamilyFarm	http://bit.ly/38vD0ml	 <p>Mudbone Grown reimagines Black farming in Oregon When Shantae Johnson and Arthur Shavers embarked on their Mudbone Grown agricultural enterprise in 2015, they were doing more than building...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 4/27	Save the Date! Oregon Recovers' annual community summit is tentatively scheduled for October 22 - 24. They'll decide later in the year if it will be in-person or virtual. @oregonrecovers	N/A		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 4/29	An interesting new debate! Highly processed foods continue to dominate the American diet. They're cheap, convenient, engineered to taste good and aggressively marketed by the food industry. But a growing number of scientists say for many people, they're not just tempting, but addictive. 🍷🧠	http://nyti.ms/38rd6jZ	 <p>Unhealthy Foods Aren't Just Bad For You, They May Also Be Addictive</p>	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