


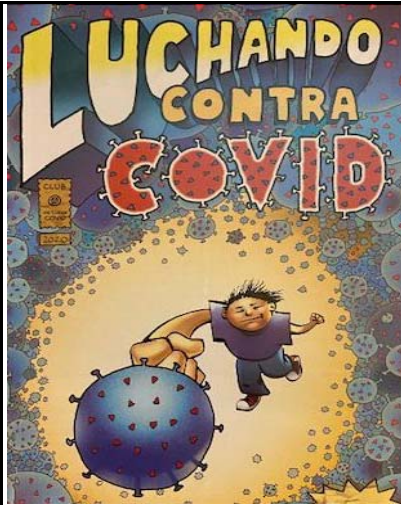





| Date           | Post Copy  | Link  | Visual  | Targeting   |
|----------------|--|---|---|---|
| Tuesday 5/4    | Do you have severe joint pain from arthritis? Physical activity and programs like Walk With Ease can improve symptoms and help you manage arthritis. Register for a self-guided Walk With Ease program:  | <a href="https://bit.ly/3nITfsN">https://bit.ly/3nITfsN</a> |   | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*<br><br>Targeting people who are more likely to have arthritis and who live in rural and frontier areas of Oregon |
| Thursday 5/6   | Historically disadvantaged and vulnerable communities experience the results of climate change more directly. The State of Oregon recently announced the development of a Climate Equity Blueprint. Listen here for more. 🌍 @JeffersonPublicRadio  | <a href="https://bit.ly/2Qq7OyY">https://bit.ly/2Qq7OyY</a> | <br>Oregon Blueprint Lays Out Climate Equity Efforts   | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |
| Tuesday 5/11   | These @PortlandStateU students are planting trees across their community. Learn more about how the Gresham Tree Team is creating a healthier urban environment for people in a historically underserved area. 🌳🌳   | <a href="https://bit.ly/32g2ote">https://bit.ly/32g2ote</a> | <br>Youth-Driven County Tree Team helps build a healthier environment in the historically underserved West Gresham neighborhood<br>Started in 2018, the project meshes the expertise of the Multnomah County Office of Sustainability, the City of Gresham and Friends of... | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |
| Wednesday 5/12 | Everyone is a super hero when fighting COVID-19! This one-of-a-kind, new comic book features a superhero with a disability who goes on a journey to fight coronavirus. Reach out to <a href="mailto:afrome@nwdsa.org">afrome@nwdsa.org</a> to request this comic book for your organization.@nwdsa | <a href="https://bit.ly/3gcWml8">https://bit.ly/3gcWml8</a> |    | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |

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| Thursday 5/13 | ¡Todos somos superhéroes en la lucha contra el COVID-19! Este nuevo cómic, único en su tipo, tiene como protagonista a un superhéroe con capacidades diferentes que emprende un viaje para combatir el coronavirus. Escriba a <a href="mailto:afrome@nwdsa.org">afrome@nwdsa.org</a> para solicitar este cómic para su organización. @nwdsa | <a href="https://bit.ly/3gcWml8">https://bit.ly/3gcWml8</a>   |   | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*<br><br>Targeting Spanish-speaking audience |
| Tuesday 5/18  | Working from home has become more acceptable during the pandemic. Read more here about how remote work is opening doors for people living with disabilities.  | <a href="https://bit.ly/2QujAZ9">https://bit.ly/2QujAZ9</a>   |  <p><b>A lockdown silver lining for workers with disabilities</b><br/>The new future of remote work could be more inclusive.</p>   | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |
| Thursday 5/20 | Even in the richest parts of urban America there are pockets of deep food insecurity. More often than not, it is Black and Latino communities that are hit hardest. Learn more here.  | <a href="https://bit.ly/3tlvNht">https://bit.ly/3tlvNht</a>   |  <p><b>54 million Americans don't have access to healthy food. That's a design problem</b><br/>Urban planning has exacerbated food disparities in U.S. cities—but it could now be part of the solution.</p>   | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |
| Tuesday 5/25  | The U.S. Dept. of Agriculture is continuing free lunches through the 2021-2022 school year. Learn more here about the program and the estimated 12 million youths experiencing food insecurity.   | <a href="https://wapo.st/2Qq8zIB">https://wapo.st/2Qq8zIB</a> |  <p><b>USDA extends universal free lunch through next school year, bringing relief to millions of food-insecure families</b><br/>Facing a September cutoff, the agency announces it will reimburse schools at a higher rate and expand school nutrition programs to all...</p> | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |

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| Wednesday<br>5/26 | Preparing for an outdoor adventure this weekend or this summer? Plan ahead and visit safely. Make sure your favorite recreational area is open after the wildfires with this convenient, new Recreation Site Status Map.  | <a href="https://bit.ly/3dYJjRA">https://bit.ly/3dYJjRA</a> |  <p>Oregon Wildfire Response   Recreation Impacts</p> | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*  |
| Thursday<br>5/27  | ¿Se está preparando para vivir una aventura al aire libre este fin de semana o este verano? Planifique con anticipación y visite su destino de manera segura. Asegúrese de que su área recreativa favorita esté abierta después de los incendios forestales. Consulte este nuevo y práctico mapa para conocer el estatus de los sitios recreativos. | <a href="https://bit.ly/3dYJjRA">https://bit.ly/3dYJjRA</a> |  <p>Oregon Wildfire Response   Recreation Impacts</p> | Sex: M - F<br>Age: 18-55<br>Location: Oregon<br>Interests: PMO General Audience*<br><br>Targeting Spanish-speaking 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