










Date	Post Copy	Link	Visual	Targeting
Tuesday 6/1	From Astoria to the Southern Oregon coast, Ashland to Pendleton, happy Pride from Place Matters Oregon! Where are you gathering with your community this month? 🏳️‍🌈 #placemattersoregon	N/A		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Friday 6/4	Tomorrow is Oregon Get Outdoors Day! A land trust is a nonprofit that helps protect our natural world — our water, wildlife and open space — for all people, forever. Explore this brand new map of places you can visit here thanks to the Coalition of Oregon Land Trusts. 🌲🏞️📖 @oregonlandtrusts	https://bit.ly/3eJf7vo	 Get Outdoors Oregon Day - Coalition of Oregon Land Trusts Get Outdoors Oregon Day is first Saturday in June. See activities you can enjoy at home, or ways to enjoy the outdoors for real!	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 6/8	Visit the Come Thru Market in Portland and support BIPOC growers in taking their small business dreams to the farmers market. 🌱🥕 @racemefarmers	https://bit.ly/3ye8VTG		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 6/10	Oregon State Parks reservations are now open for camping and group day events. Summer is almost here, so click this link to learn more and plan your event. 🌻🌻	https://bit.ly/3odQj1H	 Oregon State Parks opens some group facilities for summer reservations PORTLAND, Ore. — Oregon State Parks is reopening reservations for campsites and day-use areas for large groups. The openings include...	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Thursday 6/10	Ya se pueden hacer reservaciones en los Parques Estatales de Oregon para acampar y realizar eventos grupales diurnos. El verano se acerca rápidamente; haga clic aquí para obtener más información y planificar su evento. 🌸🌻	https://bit.ly/3tEBZkR	 <p>Parques Estatales de Oregon reanudan reservaciones para actividades de verano PORTLAND, Ore. - Los Parques Estatales de Oregon reabren su sistema de reservaciones para acampar y eventos grupales diurnos. Los parques...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish-speaking audience
Tuesday 6/15	Portland Sunday Parkways is back! This year's virtual series of events includes fan favorites from last year -- disability- and equity-focused programs, bike repair, pedestrian safety, painted intersections and more. 🚲👤 @kpthrive	https://bit.ly/3fkPLmI	 <p>Portland Sunday Parkways Promotes healthy active living through a series of free events opening the city's largest public space - its streets - to walk, bike, roll,...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Friday 6/18	PMO Guest Blog - Juneteenth - Charlene McGee	Link to PMO blog		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Friday 6/18	Spanish: PMO Guest Blog - Juneteenth - Charlene McGee	Link to PMO blog - Spanish		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish-speaking audience
Tuesday 6/22	Watch this panel discussion on Black maternal health hosted by @LinnBentonHEA and @osubeavers. How can we build healthy communities by supporting healthy pregnancies?	https://bit.ly/3fi7zP9		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Thursday 6/24	OregonStateParks has launched a big effort to improve ramps, restrooms, signage and other barriers to people with disabilities. Click here to learn more. 🧑🏿♿️🏡	https://bit.ly/3tJtWmS	 <p>Oregon State Parks will spend the next 25 years making parks more accessible The state parks department identified nearly 5,000 barriers for visitors with disabilities.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 6/29	What are "social determinants of health?" They are the conditions in places where people live, learn, work and play that can have a profound effect on health, including the risk for Alzheimer's disease. Check out this resource on how education, built environment and other social factors make a difference.	https://bit.ly/2RYac0Q		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