







Date	Post Copy	Link	Visual	Targeting
Thursday 9/2	Stable housing makes all of us healthier. If you or someone you know is looking for help with housing costs, you're not alone. State and local organizations are distributing federal rental assistance that can help renters who are struggling to keep up with rent. Click here to find your local program.	<a href="https://bit.ly/2W7f9Xr">https://bit.ly/2W7f9Xr</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 9/7	Shoutout to Oregon's own Charles F. "Chuck" Sams III who will be the first Native American to be Director of the National Park Service! 🎉	<a href="https://bit.ly/3mhM9qs">https://bit.ly/3mhM9qs</a>	 <p><b>Umatilla tribal member nominated to lead National Park Service - KTVZ</b></p> <p>President Joe Biden has nominated Oregon resident and tribal citizen Charles F. "Chuck" Sams III to head the National Park Service.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 9/9	People of color face discrimination when seeking health care. One example is when seeking care for Alzheimer's disease and related dementias. Learn more here about disparities in health care and suggestions for a path forward to bridge racial and ethnic barriers to health.	<a href="https://bit.ly/2US0yhw">https://bit.ly/2US0yhw</a>	 <p><b>Baby Boomer Caregivers Report Poor Health</b></p> <p>A CDC study found that 1 in 4 baby boomers are caregivers who report having more chronic diseases, disabilities, and lower self-rated...</p> <p><a href="https://bit.ly/3AWY2pW">https://bit.ly/3AWY2pW</a></p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Thursday 9/9	Spanish translation of Alzheimer's post.	<a href="https://bit.ly/3AWY2pW">https://bit.ly/3AWY2pW</a>	 <p><b>Baby Boomer Caregivers Report Poor Health</b> A CDC study found that 1 in 4 baby boomers are caregivers who report having more chronic diseases, disabilities, and lower self-rated... <a href="https://bit.ly/3AWY2pW">https://bit.ly/3AWY2pW</a></p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking audience.
Tuesday 9/14	Historically, Black people have had inequitable access to nature, forcing many people to live in neighborhoods with little or no access to paths, parks and other green areas. Read here for ideas on how people of all communities can enjoy the outdoors more. 🏞️🧑🏿	<a href="https://r29.co/3k5lxXf">https://r29.co/3k5lxXf</a>	 <p><b>We Outside, Outside! A Black Girl's Guide to Living Your Best Life in Nature</b> Outdoorsy tips from Tiffany Thorne and Michelle Race, co-founders of Black Girls Trekkin', a Los Angeles-based community that has bloomed...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 9/16	Metro's Community Placemaking grants support community-driven efforts that strengthen people's connections to each other and make healthy places. Strong proposals are grounded in racial equity and address a critical community opportunity. Click here to get started.	<a href="https://bit.ly/37TVqNj">https://bit.ly/37TVqNj</a>	 <p><b>How to apply for a Community Placemaking grant</b> Metro awards Community Placemaking grants annually. Learn about the process, read the application guidelines and view videos with tips on...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Boosting in tri-county area.

<p>Tuesday 9/21</p>	<p>Coming soon to Springfield, OR: A new, outdoor fitness experience designed for all ages and abilities to use. Check it out here! 📌</p>	<p><a href="https://bit.ly/3mdDKVa">https://bit.ly/3mdDKVa</a></p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Thursday 9/23</p>	<p>A new Oregon network is connecting the state's small number of Black rural residents into a larger system of support, to help create a healthy future for their communities. Read more about the Black Rural Network here. 📌</p>	<p><a href="https://bit.ly/2W0PnEn">https://bit.ly/2W0PnEn</a></p>	 <p><b>Pacific Northwest Sees Establishment of the Black Rural Network</b> Community leaders convened at the first meeting of the Black Rural Network, discussing the needs of the region's rural, Black folk.</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 9/28</p>	<p>Many people are enjoying Oregon's spectacular parks system. People with disabilities' lack of participation is often due to a lack of access, not because of lack of interest. Learn more about efforts to make camping, hiking and outdoor adventures more accessible in Oregon. 🏕️🦿</p>	<p>Link to PMO Disabilities blog post</p>	<p>Image from PMO Disabilities blog post</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

Tuesday 9/28	Mucha gente disfruta el espectacular sistema de parques de Oregon. La falta de participación de las personas con discapacidades a menudo se debe a la falta de acceso, no a la falta de interés. Entérese de los esfuerzos que se realizan para lograr que cada vez más lugares para acampar, hacer senderismo y practicar otras aventuras al aire libre sean más accesibles en Oregon. 🏕️🚗	Link to PMO Disabilities blog post - Spanish	Image from PMO Disabilities blog post	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking audience.
Thursday 9/30	The typical grocery aisle is oversaturated with beverage options. "Often products that were pushed as healthy were deceptively not. Consumers gladly gave into the illusion." Get an ice cold glass of water and read more in this long article.	<a href="https://bit.ly/3AX2Rj2">https://bit.ly/3AX2Rj2</a>	 <p><b>How Big Beverage bottled the idea of a better self</b> The American beverage aisle is overflowing, with no sign of letting up.</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