







Date	Post Copy	Link	Visual	Targeting
Tuesday 10/5	The Get There Challenge starts Oct. 4-17. Log walk, bike, carpool, vanpool, and transit trips and remote work days for your chance to win prizes! Challenge yourself and help make Oregon an even better place to live, work and play. 🧑🚶🚲🚗🚌	<a href="https://bit.ly/2XB02GD">https://bit.ly/2XB02GD</a>	 <p><b>Find and share a ride! - Get There Oregon</b> The Get There Challenge starts Oct. 4-17 Join Anytime! Unlock fun and skill-building achievements—plus, log transportation options trips...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 10/7	Many people are enjoying Oregon's spectacular parks system. When people with disabilities don't participate in outdoor activities, it's often due to a lack of access, not lack of interest. Learn more about efforts to make camping, hiking and outdoor adventures more accessible in Oregon. 🏕️🚶	Link to PMO Disabilities blog post	Image from PMO Disabilities blog post	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 10/7	Spanish translation: Many people are enjoying Oregon's spectacular parks system. When people with disabilities don't participate in outdoor activities, it's often due to a lack of access, not lack of interest. Learn more about efforts to make camping, hiking and outdoor adventures more accessible in 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.

Monday 10/11	Central Oregon Community College is one of many places in Oregon recognizing Indigenous People's Day on Oct.11. Check out these events that appreciate Indigenous peoples and their cultures.	<a href="https://bit.ly/2XXtLK4">https://bit.ly/2XXtLK4</a>	 <p><b>Indigenous Peoples' Day - Central Oregon Community College</b> COCC celebrates and recognizes Indigenous Peoples' Day with events in October</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 10/14	Big-name brands often use athletes to promote fast food and sugary beverages. Read here how Cristiano Ronaldo stood up to the pressure and encouraged healthy choices instead. ⚽	<a href="https://bit.ly/3zbaMsn">https://bit.ly/3zbaMsn</a>	 <p><b>'Drink water, not soda': Soccer star Cristiano Ronaldo takes a rebellious stance to promote health</b></p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
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<p>Tuesday 10/19</p>	<p>Urban parks and green spaces — everything from playgrounds to trails — are crucial for community health and well-being. Check out this grant that seeks proposals, especially from small and mid-sized urban communities with park and green space inequities. 🌻</p>	<p><a href="https://rwjf.ws/3CmmjXk">https://rwjf.ws/3CmmjXk</a></p>	 <p><b>People, Parks, and Power: A National Initiative for Green Space, Health Equity, and Racial Justice</b></p> <p>This initiative will support community-based organizations and base-building groups working in urban, low-income communities of color...</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Thursday 10/21</p>	<p>The effects of climate change vary depending on where we live. The federal government is opening a new Office of Climate Change and Health Equity to address the public health dangers of global warming. Read more here.</p>	<p><a href="https://nyti.ms/3EuwoTO">https://nyti.ms/3EuwoTO</a></p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 10/26</p>	<p>Equitable Giving Circle is buying produce from Black and Brown farmers and donating to their BIPOC neighbors in need. Check out more here about this local effort! 🥕🥦🥬</p>	<p><a href="https://bit.ly/3CwZSPi">https://bit.ly/3CwZSPi</a></p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

Tuesday 10/28	Check out this 11-minute film that follows four white families as they navigate tough conversations about race and racism with their children. "The weight of these discussions has fallen on Black and Brown parents for centuries. We want to encourage and equip white parents to share in this responsibility."	<a href="https://bit.ly/3zljq7h">https://bit.ly/3zljq7h</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
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**\*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

