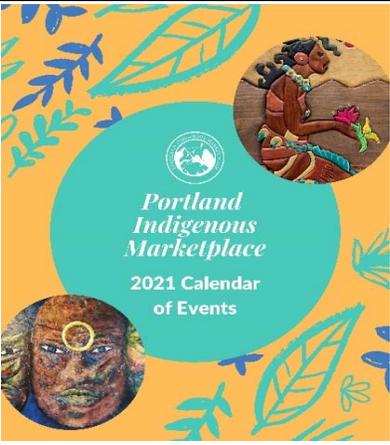


Date	Post Copy	Link	Visual	Targeting
Tuesday 11/2	November is National Diabetes Month. Did you know aerobic activity, such as walking, is one of the most effective ways to lower your blood sugar? Here are some additional tips for those living with diabetes from our friends at @bluemountainhospital in John Day.	https://bit.ly/3voiH4L	 <p>November is National Diabetes Month - Blue Mountain Hospital District</p> <p>November is National Diabetes Month; a month to raise awareness about diabetes and healthy living. Diabetes is one of the leading causes of...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 11/4	Join @United Spinal Association for their 75th Anniversary Virtual Gala to see compelling stories of members, advocates and disability trailblazers who have supported the building of an inclusive world. Reserve your free ticket here	https://bit.ly/3G3hYuR		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 11/9	Disabled people have always been capable of succeeding at work, but a lack of workplace accessibility shut many people out from finding a job that worked for them. "It should be the norm that we put the health and safety of employees first, and not just in pandemic times." Read more here. 🖥️	https://r29.co/3lLmaY4	 <p>Disabled People Have Worked From Home for Years. Why Did It Take a Pandemic for Everyone Else to Start?</p> <p>Flexibility makes a big difference in inclusion.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

<p>Thursday 11/11</p>	<p>Severe weather events affect all of us. Growing research shows that they disproportionately affect low-income people and people of color. Learn more here.</p>	<p>https://bit.ly/3BNdBBw</p>	<p>Extreme Heat and Racial Health Equity</p> 	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 11/16</p>	<p>Walk with Ease is a simple fitness program free to all Oregonians. Someone you know may not realize that physical activity eases arthritis pain and other conditions. Click here to find an in-person or virtual class. </p>	<p>https://bit.ly/33glFtC</p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 11/16</p>	<p>Spanish WWE post.</p>	<p>https://bit.ly/33glFtC</p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p> <p>Targeting Spanish speaking audience.</p>

<p>Thursday 11/18</p>	<p>Many restaurants have adapted to the ever-changing guidelines of the pandemic. It's also important to focus on creating a barrier-free environment for guests with disabilities. Read more here about how ramps, clutter-free paths of travel and accommodations for the visually impaired can make such a difference.</p>	<p>https://bit.ly/3sp9bNj</p>	 <p>If Restaurants Can Build a Sidewalk Shed, They Can Accommodate Disabled Diners</p> <p>Restaurants have a storied history of neglecting ADA guidelines. As they reopen post-pandemic, there's even less excuse for them to do so.</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 11/23</p>	<p>In honor of Native American Heritage Month, check out the Portland Indigenous Marketplace at their virtual event the day after Thanksgiving. 🍂</p>	<p>https://bit.ly/3AK6V5N</p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
<p>Tuesday 11/30</p>	<p>Place Matters Oregon is launching an Instagram page. Follow us there for new, additional content! #placemattersoregon</p>	<p>https://bit.ly/3IStLUR</p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

<p>Tuesday 11/30</p>	<p>Spanish PMO Instagram post.</p>	<p>https://bit.ly/3IStLUR</p>		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish speaking audience.</p>
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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

