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1/4/2022	A new year, a new park! Newell Creek Canyon Nature Park is now open in Oregon City, featuring a accessible day-use area, dedicated mountain biking trails, easier paths for kids, beginners and more. Click here to plan your visit. 🌲👤♂️👤	<a href="https://bit.ly/31P89AN">https://bit.ly/31P89AN</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
1/6/2022	Discover a new exhibition showcasing the bold work of four Indigenous artists at the @portlandartmuseum. "Mesh" explores social issues, including the fight against racial injustice and conflicts over land rights. Click here.	<a href="https://bit.ly/3rWaHZ0">https://bit.ly/3rWaHZ0</a>	 <p><b>In 'Mesh,' Indigenous contemporary artists take back the conversation</b></p> <p>The Portland Art Museum features four emerging artists representing a range of geographies and tribes in the first</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
1/11/2022	Abuelas en Acción (Grandmothers in Action) is a podcast that focuses on health equity, economic justice, climate change and more. Check out these grandmothers who care about the future of our country. @familiasenaccion	<a href="https://bit.ly/3ETgT7C">https://bit.ly/3ETgT7C</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

1/11/2022	Spanish Abuelas en Acción post	<a href="https://bit.ly/3ETgT7C">https://bit.ly/3ETgT7C</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking audience.
1/13/2022	The results are in! Soda taxes can reduce demand for sugary beverages. The beverage industry markets soda, juice and other sugary drinks to adults and children. These drinks contribute to obesity, diabetes and cardiovascular diseases. Check out this new study comparing Seattle and Portland's soda and juice consumption. 🥤🚫	<a href="https://bit.ly/3dDRPpq">https://bit.ly/3dDRPpq</a>	 <p><b>Soda taxes may 'permanently reduce demand' for sugary beverages, new study suggests</b></p> <p>Two years since Seattle introduced its sugar-sweetened beverage tax, new research indicates that the 1.75-cent per</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
1/18/2022	Doulas help Black and Indigenous families -- who face disproportionate risks in childbirth -- get the medical, emotional and social care they need. Rhode Island is expanding access to doulas. Could something like this work in Oregon?	<a href="https://bit.ly/3pBI9RS">https://bit.ly/3pBI9RS</a>		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

1/20/2022	Mental health in children, adolescents and young adults has worsened during the past two years — especially for students with disabilities and students of color from low-income families. The good news is that there are resources available to help treat and prevent mental health challenges. Read more here.	<a href="https://lat.ms/3ydU8sw">https://lat.ms/3ydU8sw</a>	 <p><b>Surgeon general warns of emerging youth mental health crisis in rare public advisory</b></p> <p>The advisory is to call attention to a "youth mental health crisis" and recommend resources to call on and actions to take.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
1/25/2022	Looking for a new read? The new book, "How the Other Half Eats," discusses how race and class affect the way we eat. Learn more here. 📖🍴	<a href="https://n.pr/3IQMIMo">https://n.pr/3IQMIMo</a>	 <p><b>A Glimpse At 'How The Other Half Eats' : Code Switch</b></p> <p>How do race and class affect the way we eat? What makes dollar store junk food different from organic junk food? And when did Whole Foods...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
1/27/2022	Food nourishes us, but it does so much more. When we don't have enough healthy food, we have poorer physical and mental health, and children have worse health and educational outcomes. Read more on food security here: 🍌🥦 #placemattersoregon	Link to PMO blog.	Image from PMO blog.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

1/27/2022	Spanish PMO blog post.	Link to PMO blog.	Image from PMO blog.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking 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

