








Date	Post Copy	Link	Visual	Targeting
3/1/2022	March is Colorectal Cancer Awareness Month. Colorectal cancer is the second most deadly form of cancer, but it's the cancer you can prevent. Read more about getting a screening here.	https://bit.ly/3BrTI3q		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/1/2022	Spanish Colorectal Cancer Month post.	https://bit.ly/3uYDc9R		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish speaking audience.
3/3/2022	Know an organization in Portland working on equitable access to urban parks, natural areas or gardens? @PortlandParksFoundation has funding. Apply by April 15. 🌻🌲	https://bit.ly/3uYEemr		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

3/8/2022	March is Developmental Disability Awareness Month. Check out the new sensory room at this Portland International Airport, designed to ease travelers with autism and other autism spectrum disorders.	https://bit.ly/3HbSCdy	 <p>New sensory room offers 'calming and restorative' space in PDX</p> <p>The airport can be a bit of a sensory overload for some people. Portland International Airport hopes this new room will help.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/10/2022	A walk in the park may be just what the doctor ordered! Check out this innovative idea from our neighbors to the north. Could something like this work in Oregon? 🏔️ 👤 🧭 🚶 🧑 🧑	https://n.pr/3BC7YqE	 <p>A new program in Canada gives doctors the option of prescribing national park visits</p> <p>And the best part? The annual passes are free.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/15/2022	Register now! The 2022 Forum on Aging in Rural Oregon will explore solutions to improve care and services for elders.	https://bit.ly/3rYavlm	 <p>REGISTER NOW</p> <p>2022 Forum on Aging in Rural Oregon</p> <p>MAY 16-18, 2022 Seaside Civic and Convention Center</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

3/17/2022	Millions of children live in neighborhoods with limited access to safe housing, green space or good schools. Data can inform efforts to build a brighter, more equitable future for our children. Check out this helpful tool here.	https://rwjf.ws/3oVx8el	 <p>This Valuable Data Tool Informs Policies that Shape Child Opportunity</p> <p>Sweeping policy proposals promise to lift millions of children out of poverty. This tool is helping policymakers use evidence to guide...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/22/2022	We already know that physical activity improves heart health and reduces chronic disease. But here's another uplifting reason to get out there! 🧑🏻🧓🏻	https://nyti.ms/3JC3GCc	 <p>What the 'Active Grandparent Hypothesis' Can Tell Us About Aging Well</p> <p>The need for healthy, active grandparents who can help with child-rearing may be encoded in our genes.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/24/2022	Check out @OregonWalks' latest We Walk route from the Springwater Corridor to Leach Botanical Garden. Grab some sneakers, call a friend and enjoy this safe walk in the community. 🍪🌸🌲	https://bit.ly/35fVmcU		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Boosting in Portland area.

3/29/2022	Shame and stigma play a huge role in discouraging folks from seeking mental health support in our communities — not to mention talking about it with loved ones. Here are some tips to help you have conversations about mental health with loved ones. ❤️	https://n.pr/3gUq5hP	 <p>4 tips for talking to your Latinx parents about mental health : Life Kit</p> <p>Shame and stigma play a huge role in discouraging folks in the Latinx community from seeking mental health care — and talking about it with...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
3/29/2022	Spanish Latino mental health post	https://n.pr/3JxgOZg	 <p>4 consejos para hablar con tus padres Latinx sobre la salud mental</p> <p>La vergüenza y el estigma juegan un papel muy importante a la hora de disuadir a las personas de la comunidad Latinx de buscar atención de...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish speaking audience.
3/31/2022	People with disabilities are using social media to tell their own stories — which is crucial, since those experiences are rarely reflected elsewhere.	https://r29.co/36QLpDd	 <p>How Young Disability Activists Are Using TikTok To Make A Difference</p> <p>“We grow up learning that ‘disabled’ is a bad thing. It’s something you don’t want to be, that to call yourself that is somehow defeatist,...</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