


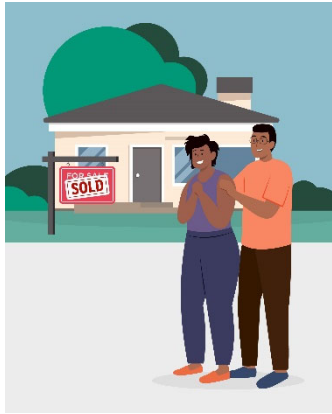


Date	Post Copy	Link	Visual	Targeting
4/5/2022	Portland Parks & Recreation is offering grants for organizations to expand reach to underserved youth and teens in BIPOC and other communities. Apply by April 17.	https://bit.ly/3JhpNy6		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
4/7/2022	A Eugene parent campaigned for safer routes to his neighborhood school for more than a decade. Click here to see how an @OregonSafeRoutes grant helped the city and the school district make changes. @OregonDOT	https://bit.ly/37GTfjd	 <p>Creating a Much-Needed Safe Route in West Eugene - My Oregon News</p> <p>Patrick Waters and his wife bought a house they wanted to make their permanent home. Schools were nearby, the neighborhood was cozy and the...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
4/12/2022	In the U.S., about 1 out of every 4 adults live with at least one disability. But as common as disability is, not many people know how to talk about it. Check out these suggestions.	https://n.pr/3whastS	 <p>Don't be scared to talk about disabilities. Here's what to know and what to say : Life Kit</p> <p>Do you find yourself avoiding conversations on disabilities? Worried you'll offend a disabled friend? A disability rights activist shares...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

4/14/2022	<p>Urban farms around the U.S. are increasingly important, especially in food desert neighborhoods. Making urban farms more secure is one of the most efficient ways to improve the food ecosystem. Click here to learn more about equity and land ownership. 🧑🌾🍅</p>	https://bit.ly/3JBZaUZ	 <p>Black-led urban farms are thriving – until they have to fight for their land</p> <p>Urban farms play a vital role in feeding communities but are hampered by precarious leases and gentrification</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
4/19/2022	<p>These quiet, low-traffic routes are a cyclist's dream. Where's your favorite place to ride in Oregon? 🚴♀️@TravelOregon</p>	https://bit.ly/3KXsRA3	 <p>Pedal Through History in Wallowa County - Travel Oregon</p> <p>: Kevin English / Wallowa County Chamber of Commerce Things To DoOutdoor RecreationBicyclingPedal Through History in Wallowa County Pedal...</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
4/21/2022	<p>Financial institutions are asking themselves how they can better support Black and Latino homeownership. Check out these resources for minority and first-time homebuyers. 🏠</p>	https://bit.ly/368ljKP		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

4/21/2022	Spanish translation after approval.	https://bit.ly/368ljKP		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish speaking audience.
4/26/2022	Shout out to Portland's dementia-friendly walking group, a collaboration between the local Alzheimer's Association and @OregonWalks! "Just come out, walk for your health." ♀️ ♂️	https://bit.ly/3lIXHRd	 <p>With pandemic especially challenging to seniors with Alzheimer's, one Portland group helps people connect by walking</p> <p>As we reach two full years of living in a pandemic, an act as simple as a walk outside is reconnecting some of the people hit hardest by...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
4/28/2022	PMO Alcohol blog	Link to PMO blog.	Image from PMO Blog.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

				Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience* Targeting Spanish speaking audience.
4/28/2022	PMO Alcohol blog - Spanish	Link to PMO blog in Spanish.	Image from PMO blog in Spanish.	

***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

