





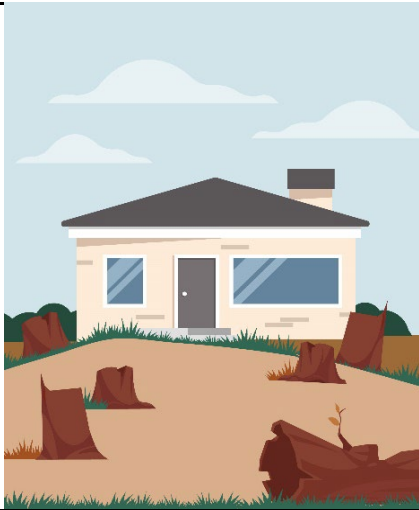
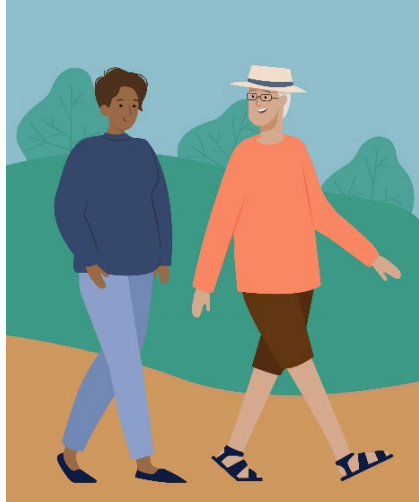



Date	Post Copy	Link	Visual	Targeting
5/3/2022	Join the @PortlandParksFoundation for two Days of Service events and field workshops on May 6-7. Register here to volunteer at Gabriel Park or Gateway Green.	https://bit.ly/38CammB		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
5/5/2022	Walking or rolling is a great way to get moving and help manage arthritis symptoms. Walk With Ease is a FREE program that can help you get started! Visit walk.oregonstate.edu to register and receive your free book.	https://bit.ly/3vsx3Bq		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
5/10/2022	Shoutout to @OregonStateParks for connecting us to the outdoors the past 100 years. Check out these hikes, tours and volunteer events across the state!	https://bit.ly/3rjRoYq	 Love Letter to Oregon State Parks - Travel Oregon With Oregon State Parks celebrating its centennial in 2022, we wanted to round up the many ways the Oregon Parks and Recreation Department...	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

5/10/2022	<p>It just got easier to explore some of Oregon's beautiful places without needing a car. Check out the Columbia Gorge Express that can take you to Multnomah Falls, Cascade Locks, Hood River and more.</p>	https://bit.ly/3rdUfCn	 <p>Public Transit in the Columbia River Gorge in Oregon and Washington</p> <p>Traffic, packed parking lots, and new permit requirements make driving in the Gorge tough. Take the CAT bus to Multnomah Falls and Hood...</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
5/12/2022	<p>Crear lugares aptos para caminar es una de las estrategias más prometedoras para ayudar a solucionar problemas de artritis, obesidad, diabetes y otros padecimientos crónicos que representan una carga física y financiera para nuestro estado. No importa en qué lugar viva dentro de Oregon, vivir en una comunidad donde sea seguro y agradable caminar es algo que debemos esperar y disfrutar. ¿Qué cambios le gustaría ver en el lugar donde vive?</p>	https://bit.ly/3Ms0ASK		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: Target Spanish speaking audience</p>
5/17/2022	<p>The tribes of the indigenous Kalapuya people have lived in Oregon's Willamette Valley for thousands of years. Listen to this short interview about how this grandmother and granddaughter are keeping their language alive. ❤️</p>	https://bit.ly/3KaknyK	 <p>Bringing Oregon's Kalapuya language back from the brink of extinction</p> <p>With the help of a new dictionary, a group of descendants of the Kalapuya people are teaching themselves their ancestors' language, word by...</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

5/19/2022	<p>Trees strengthen our resilience to climate change, but they are also vulnerable to climate-change-fueled weather. Read here about Portland's declining tree canopy in lower income neighborhoods.</p>	https://bit.ly/3xoKUvg		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
5/24/2022	<p>Osteoarthritis is the most common type of arthritis and it causes pain, stiffness, and swelling, which can limit mobility and cause disability. Walking or rolling is a great way to prevent and manage the pain without medication. Where is your favorite place to walk or roll?</p>	N/A		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
5/26/2022	<p>Poverty, hunger and poor health are interlinked problems. Read how some doctors and medical systems are addressing food insecurity and connecting people with food and other resources. 🍌 🥦</p>	https://bit.ly/3JzXBWl		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>

				Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
5/31/2022	PMO alcohol blog	Link to PMO blog	Image from PMO blog	
				Sex: M - F Age: 18-55 Location: Oregon Interests: Target Spanish speaking audience
5/31/2022	PMO Spanish alcohol blog	Link to PMO (Spanish)	Image from PMO blog in Spanish	

***PMO General Audience:**

Interests: Public health, Beer, Empowerment, Nonprofit organization, Walking, Social movement, Healthy Habits, Wine, Motivation, Activism, Centers for Disease Control and Prevention, Oregon, Fitness and wellness, Tobacco, Urban planning, Portland, Oregon, Fred Meyer, Cooking or Healthy Life, Industry: Education and Libraries, Parents: Parents (All), New Parents (0-12 months), Parents with toddlers (01-02 years) , Parents with preschoolers (03-05 years) , Parents with early school-age children (06-08 years) , Parents with teenagers (13-17 years), Parents with adult children (18-26 years) or Parents with preteens (09-12 years), Physical exercise