

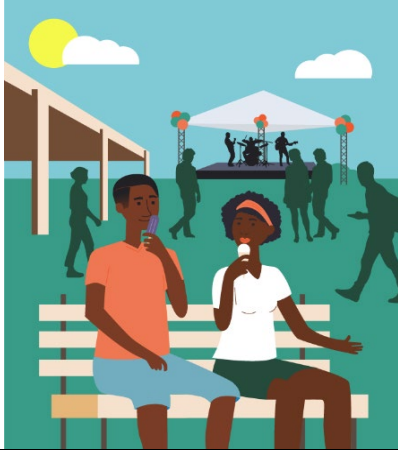
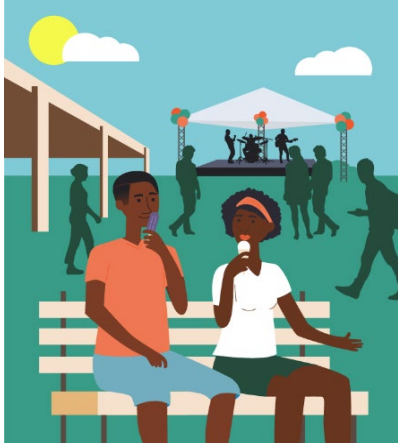
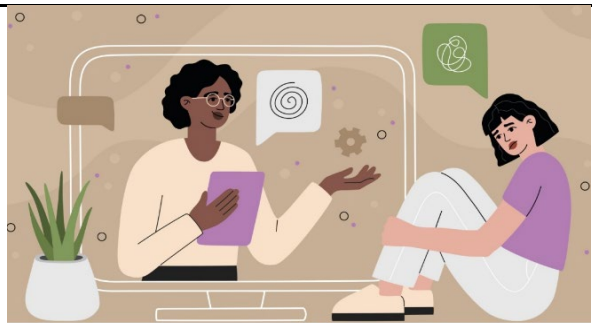


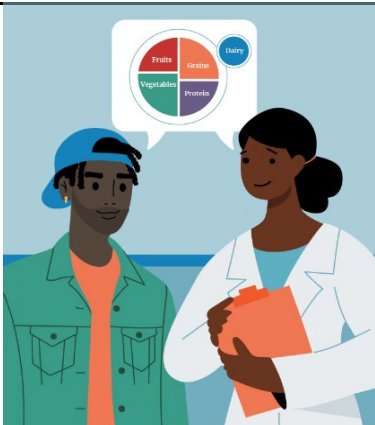



Date	Post Copy	Link	Visual	Targeting
7/5/2022	<p>Looking to explore the Columbia Gorge Waterfall Corridor this summer? Here's what you need to know. (Tip: Get a permit or take a bus, shuttle or bike and visit mid-week for the best experience.)</p> 	https://bit.ly/3zCPWoZ	 <p>How to Visit Oregon's Waterfall Corridor This Summer - Travel Oregon</p> <p>: Bridal Veil Falls Plan Your TripGuides & ToursGuides & ChartersHow to Visit Oregon's Waterfall Corridor This Summer How to Visit Oregon's...</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
7/7/2022	<p>Cool off with some cold treats, live music and fun activities for the whole family at @PortlandMercado's Summer Fest on July 9. It's a wonderful opportunity to enjoy the sunshine and celebrate Latinx musicians, change-makers, friends and families in our Latino community. 🍷 🎶 ⚙️</p>	https://bit.ly/3NYkndF		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO Portland</p>
7/7/2022	(Spanish currently being translated)	https://bit.ly/3NYkndF		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO Portland (Spanish)</p>

7/12/2022	During the pandemic, telehealth medical appointments gained in popularity. Here are some ways to make culturally responsive mental health services more accessible. 🖥️ 📱	https://rwjf.ws/3tx9asf	 <p>The Pandemic Underscored Why We Need Equitable Telemental Health Services</p> <p>Policies that increase access to telemental health services are key to ensuring mental healthcare is inclusive.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
7/14/2022	Inflation leads to surging food costs, which could mean skyrocketing obesity rates. Check out this article about the complex issue of food insecurity.	https://bit.ly/3OhzyhI	 <p>How The Rising Cost Of Food Could Affect Obesity Rates</p> <p>Rising food prices could have a big impact on obesity rates in ways you might not expect. Read on to learn more about how inflation could...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
7/19/2022	This new playground features an inclusive in-ground trampoline for wheeling or walking onto, swings for groups and two accessible slides. Check out how @PortlandParks cares for local children's physical, sensory and social needs. 🌱 🧑‍🦽 🧑‍🦼 🧑‍🦾	https://bit.ly/3xOIxQX	 <p>Gabriel Park Inclusive Playground Project</p> <p>A new, more inclusive and accessible play area has replaced the playground at SW 37th Avenue and Vermont Street.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO Portland

7/21/2022	<p>Housing, food, education, safety and discrimination are all factors that can affect a person's health. Read here to learn why Gen Z wants these topics included in conversations with their doctors. 🗣️</p>	https://bit.ly/3NWuD6q		<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
7/26/2022	<p>Heat affects us all -- some communities more than others. In response to last year's extreme temperatures, Portland selected priority neighborhoods in need of increased tree canopy. Check out how to get a free tree here! 🌳</p>	https://bit.ly/3HZP6Vu	 <p>How to get a tree in Portland The city offers a few options for residents looking for free trees.</p>	<p>Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*</p>
7/28/2022	<p>Do you know how many drinks you had this week?</p> <p>#RethinkTheDrink #DrinkLessLiveMore</p>	www.rethinkthedrink.com	<p>"How many drinks?" English video</p>	<p>Sex: M - F Age: 21-65+ Location: Oregon Interests: RTD Launch English</p>

				Sex: M - F Age: 21-65+ Location: Oregon Interests: RTD Launch Spanish
7/28/2022	¿Sabe cuántas bebidas consumió esta semana? #RethinkTheDrink #HowManyDrinks	www.rethinkthedrink.com	"How many drinks?" Spanish video	

***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