



# December Healthy Holiday Tips

It's been a great year! Let's celebrate our 5210 Healthy Behaviors!

**1** Download and make healthier holiday choices using these 10 tips, found at <https://psu.box.com/December5210HMC>, this season and continue to promote 5210 Healthy Military Children!

Post to your social media sites!

**2**



We have had a great year promoting 5210 Healthy Military Children! Our favorites include EVENT1, EVENT2, and EVENT3. Use the hashtag '#5210HMC' to share your favorite 5210 Healthy Military Children moment this year!

To learn more about 5210 Healthy Military Children, visit [5210.healthymilitarychildren.psu.edu](http://5210.healthymilitarychildren.psu.edu)!



Use the hash tag '#5210HMC' to share your favorite 20## 5210HMC moment with us. Thanks for being a part of it all & see you in 20##!

Participate in the 5210 Challenge of the Month!

**3**

This month show off everything you have learned from #5210HMC. Your challenge is to plan a holiday meal or activity using everything you have learned from your 5210 HMC monthly challenges. Visit <https://psu.box.com/5210HMCDecemberChallenge> to learn more!