

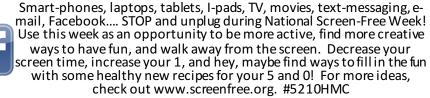
May National Screen-Free Week

Use this month to find more creative ways to have fun!

Download and distribute National Screen-Free Week flyers to help your family, school, and community be more active and walk away from the screen. You can download the flyer at https://psu.box.com/May5210HMC!

Post to your social media sites!





To learn more about 5210 Healthy Military Children and the benefits of decreasing screen time, visit 5210.healthymilitarychildren.psu.edu



Un-plug during National Screen-Free week! Visit screenfree.org for ideas 2 decrease your screen time & increase activity. #5210HMC

Participate in the 5210 Challenge of the Month!

Your Challenge this month is to organize a group for a screen-free week. Use resources at www.screenfree.org/organize/ to help organize for your home, your school, or your community. Visit https://psu.box.com/5210HMCMayChallenge to learn more!