



Social Media Post

AUGUST

The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Social Media Post of the Month! Copy and paste the text and post on social media such as Facebook or Twitter. You can also copy and paste the photo from below, or use your own photo! Finish your post with #5210HMC. This will allow the Clearinghouse team to review and highlight installations and their venues participating in the health messaging campaign!

National Family Meals Month

2

SHARE 5210HMC ON SOCIAL MEDIA



We're heading back to school and what's a better way to get back into the swing of things than with Family Meals Month. Sit together as a family and plan at least one meal to prepare, cook, and enjoy at the kitchen table each week this month! For ideas, visit <http://bit.ly/10ctpwe>. To learn more about 5210 Healthy Military Children, visit 5210.healthymilitarychildren.psu.edu!



Family Meals Month is a time to catch up & get some family time around the table. Visit <http://bit.ly/10ctpwe> for ideas! #5210HMC