



# Social Media Post JUNE

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!

## Fresh Fruit and Vegetable Month

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### SHARE 5210HMC ON SOCIAL MEDIA



School is almost out and the first day of summer is heading our way. Grab some friends and family for some fun in the sun! Use <http://bit.ly/1R4T0M4> as a guide for planning what drinks to bring for children. To learn more about 5210 Healthy Military Children, visit [5210.healthymilitarychildren.psu.edu](http://5210.healthymilitarychildren.psu.edu)



The 1st day of summer is here! Beat the heat & cool down with water instead of juice. Learn more at <http://bit.ly/1R4T0M4>. #5210HMC

