



Social Media Post OCTOBER

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!

International Walk to School Day

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SHARE 5210HMC ON SOCIAL MEDIA



Join others across the world for International Walk to School Day! Communities across the world create safe routes for our children to walk and bike safely to school. Visit www.walkbiketoschool.org to sign up for Walk to School Day and continue our #5210HMC habits! To learn more about 5210 Healthy Military Children, visit 5210.healthymilitarychildren.psu.edu!



Talk to your family & schools about participating in Walk to School Day. Visit <http://bit.ly/1eVsMKy> & continue your #5210HMC habits!