



# Social Media Post MAY

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 Screen-Free Week

2

### SHARE 5210HMC ON SOCIAL MEDIA



Smart-phones, laptops, tablets, I-pads, TV, movies, text-messaging, e-mail, Facebook.... STOP and unplug during National Screen-Free Week! Use this week as an opportunity to be more active, find more creative ways to have fun, and walk away from the screen. Decrease your screen time, increase your 1, and hey, maybe find ways to fill in the fun with some healthy new recipes for your 5 and 0! For more ideas, check out [www.screenfree.org](http://www.screenfree.org).  
#5210HMC

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



Un-plug during National Screen-Free week!  
Visit [screenfree.org](http://screenfree.org) for ideas 2 decrease your screen time & increase activity.  
#5210HMC