



# Challenge of the Month

## SEPTEMBER

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The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family. When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. 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 Yoga Awareness Month

### PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Your Challenge this month is to organize a 'yogathon'! Get a group to participate in a yoga class. Then, each of you challenge others to do the same and see how many can participate this month in September. Use #5210HMC when posting to social media!



### Yoga Health Foundation

#### Celebrate National Yoga Month

We recommend checking with your fitness center for a yoga class and talking to the fitness instructors to help organize a 'yogathon'. You can also check [www.yogahealthfoundation.org](http://www.yogahealthfoundation.org) for information on how to get one week free of yoga with "over 1,600 participating yoga studios nationwide". The website also has information on how to be involved in yoga month by attending events, information for instructors, sponsors or media partners, event organizers and volunteers.