



Social Media Post SEPTEMBER

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 Yoga Awareness Month

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SHARE 5210HMC ON SOCIAL MEDIA



Warrior II. Sun Salutation. Triangle. Dolphin. Learn more about yoga moves in September for Yoga Awareness Month. Visit your fitness center today to see what classes are offered and encourage your 1 hour or more of physical activity. Visit the yoga health foundation at www.yogahealthfoundation.org for more information! #5210HMC To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Visit the fitness center in support of Yoga Awareness Month to learn moves like Warrior II! Visit www.yogahealthfoundation.org to learn more! #5210HMC