



# October

# International Walk to School Day

## Join others around the world for International Walk to School Day!

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**Download and participate** in a Walk to School Day, an event held across the world in October. A guide at <http://5210.psu.edu/wp-content/uploads/2017/04/1october5210hmc.pdf> can also help you organize an event. Plan ahead to create a safe route for children and families to participate in the event.

## Post to your social media sites!

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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](http://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.psu.edu](http://5210.psu.edu)!



Talk to your family & schools about participating in Walk to School Day. Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) & continue your #5210HMC habits!

## Participate in the 5210 Challenge of the Month!

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Your Challenge this month is to organize a Walk to School Day event! Visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) and work with your community leaders to help plan the event. Take pictures and post to social media tagging #5210HMC. Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3october5210hmc-challenge.pdf> to learn more!