



# Social Media Post NOVEMBER

The Clearinghouse for Military Family Readiness and 5210 Healthy 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 past the photo from below, or use your own photo! Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

## American Diabetes Month

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### SHARE 5210HC ON SOCIAL MEDIA



We are heading into the holiday season and this is a great time to remember your #5210HC healthy behaviors. November is also American Diabetes Month. Limiting screen time, adding at least 1 hour of daily physical activity, and consuming 0 sweetened beverages can help prevent the risk of type 2 diabetes. Visit <https://t.co/zvH7LagUBa> to learn about phrases that can help or hinder these behaviors.

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



Review <https://t.co/zvH7LagUBa> and your #5210HC healthy behaviors today as we head into the holiday season and American Diabetes Month in November!

