



Social Media Post DECEMBER

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!

2

Healthy Holiday Tips

SHARE 5210HC ON SOCIAL MEDIA



We have had a great year promoting 5210 Healthy Children! Use the hashtag '#5210HC' to share your favorite 5210 Healthy Children moment this year! To learn more about 5210 Healthy Children, visit 5210.psu.edu!

2015!



Use the hash tag '#5210HC' to share your favorite 5210HC moment with us. Thanks for being a part of it all & see you next year!