



December Healthy Holiday Tips

It's been a great year! Let's celebrate our 5210 Healthy Behaviors!

1

Download and make healthier holiday choices using these 10 tips, found at <http://5210.psu.edu/wp-content/uploads/2017/04/1december5210hmc.pdf>, this season and continue to promote 5210 Healthy Military Children!

Post to your social media sites!

2



We have had a great year promoting 5210 Healthy Military Children! Use the hashtag '#5210HMC' to share your favorite 5210 Healthy Military Children moment this year!

To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



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

Participate in the 5210 Challenge of the Month!

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This month show off everything you have learned from #5210HMC. Your challenge is to plan a holiday meal or activity using everything you have learned from your 5210 HMC monthly challenges. Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3december5210hmc-challenge.pdf> to learn more!