

## Family Reunions II PSA (:30)

Family reunions are a good time to introduce and reinforce healthy living. Here are some tips for a safe, healthy reunion:

- Plan healthy meals, snacks, and drinks
- Prepare food safely
- Know and share your family health history
- Be active
- Take precautions outdoors
- Travel safely and be prepared, no matter how far you're travelling

For more information, visit [www.cdc.gov/family/reunions](http://www.cdc.gov/family/reunions).

A message from CDC.