

Family Day Unplugged

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Family Day is a great opportunity to unplug from technology and connect with yourself, your family and your community.

Disconnect to Connect™
with yourself • family • community



Why Unplug?

By graduation, the average teen will have spent more time watching screens than being in the classroom, playing sports and talking to their parents. (screensmart.ca)

Why Connect?

Children and youth who are frequently connected to adults and other community supports are more likely to have a high standard of well-being in health and resiliency, and traits like strong academic and social performance, compassion, and leadership are highly promoted. (search-institute.org)

How to Connect

Events around Lethbridge on Family Day:

- **Family Day: Let's Play** | 11am-3pm, University of Lethbridge/1st Choice Savings Centre (free)
- **Family Day Brunch** | 10 am-1pm, Galt Museum & Archives (free)
- **Family Fun Day** | 12 pm-4 pm, Casa (free)
- **Free Public Skate** | 12:45-2:45 pm, Nicholas Sheran Arena



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Lethbridge

