

Turn Off Your Screens Day

(TV, Computer, Video Game, Cell Phone, Movie, I-pod, etc.)



Wednesday, March 31, 2010

"Screens" (TV, computer, video games, cell phones, movies and iPods) contribute to inactivity and being overweight which in turn can cause physical and mental illness and hinder brain development.

Use your time to:

1. Attend "Family Night Live" Activities (6:00-7:30 at Raymond Parent Link Centre)
2. Go for a skate, swim or jog
3. Ride a bike
4. Follow Canada's Food Guide for healthy eating
5. Cook a nutritious meal with friends
6. Shovel a senior's sidewalk
7. Play games with your family
8. Plant a garden
9. Go for a walk in the park
10. Make a plan to improve your lifestyle



"Disconnect to Reconnect"



Early Learning and Family Supports (ELFS)
Raymond Committee#