



Join
Lake-Geauga
Recovery Centers
and the



Chardon Community Action Team
For

FAMILY DAY
SEPTEMBER 27TH, 2010

One simple idea . . . Great Benefits!!

Celebrate *Family Day* by eating dinner together on September 28th and every day. During dinner, turn off the TV and let your answering machine record incoming calls. Involve the entire family in planning and cooking meals. If your schedules make it impossible to eat dinner together, try having breakfast together.

BENEFITS OF FREQUENT FAMILY DINNERS

The more often children and teens eat dinner with their families, the less likely they are to smoke, drink or use drugs. Compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

- At 70 percent lower risk for substance abuse
- Half as likely to try cigarettes
- Half as likely to be daily cigarette smokers
- Half as likely to try marijuana
- One third less likely to try alcohol
- Half as likely to get drunk monthly
- More likely to get better grades in school eat dinner with their families, the less likely they are to smoke, drink or use drugs.

Sponsored in part by The Geauga Board of Mental Health and Recovery Services