

Public Service Announcement

February 10, 2014

City of Edmonton

Spend Family Day unplugged

Challenge your family to take time away from technology

The City of Edmonton is challenging residents to unplug from technology and connect with family and friends on [Family Day](#), February 17, 2014. It's part of a friendly challenge against other municipalities to see which can log the most time unplugged on Family Day.

Families can log their hours on February 18 by visiting fcssaa.org/ and tell the story of their day on the [Family Day Unplugged Facebook page](#).

On average, youth spend more time watching screens than being in the classroom, playing sports or talking to their parents. Also, teens who gather with their family for dinner are statistically more likely to get better grades.

Family and Community Support Services (FCSS) is organizing Family Day Unplugged 2014. FCSS supports locally-driven, preventive initiatives to enhance the well-being of individuals, families and communities.

Residents have until February 18 to submit the number of hours they unplugged on Family Day.

For a list of exciting Family Day activities in Edmonton visit edmonton.ca/familyday.

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