

Monday, September 22nd

Celebrate *Family Day!* A recipe for raising substance-free kids

Turn off the phones and televisions and share more than a meal! Children and teens who eat dinner with their families at least 3 times per week have much lower rates of smoking, drinking and using drugs.

Win great prizes on www.TuneInToKids.org!

- REGISTER YOUR COMMITMENT! Eat as a family for a chance to win a celebration dinner with Superintendent Dugan and celebrity chef Jennifer Bushman (meal will be prepared by Jennifer) and a Grand Prize Package valued at \$200
- BLOG! Post your comments about your dinner on the Tune In To Kids website for a chance to win a family cooking class at Back of the House cooking school

To start the Family Day celebration early, enjoy *Kid Stuff Saturday* at the National Automobile Museum on September 20th from 11-4. For more information, call (775) 333-9300.

another family affair presented by:



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