

JOIN US IN CELEBRATING FAMILY DAY!



FAMILY DAY

- celebrates simple, everyday things parents can do to connect with their kids. Research shows that family meals are linked to teen substance use prevention and positive child/parent relationships.

• www.CASAFamilyDay.org

• Celebrate Family Day in Martin County by attending one of these

• **FREE EVENTS** •



Family Fun Day

by Tykes & Teens, Martin County Parks and Recreation, FL Dept. of Health, Martin County and Healthy Chef Dr. Mitchell
9/21, 6-9 p.m. Langford Park, Jensen Beach.
Enjoy field games, arts and crafts, karaoke and healthy food samples.

Garden to Plate National Family Day Celebration

by House of Hope & FL Dept. of Health, Martin County
9/24, 5:30-7:30 p.m.
Free Hands on Healthy Cooking Class at the Golden Gate Center for Enrichment. Pre-registration required.
Sign-up at www.GoldenGateCenterMC.org, calling (772) 286-4673 x1600 or in person

Family Dinner Night with The City of Stuart

by The East Stuart Youth Initiative
9/27, 6-8 p.m.
10th Street Rec Center in Stuart. Enjoy dinner, games and prizes.
Registration required in person or by calling 772-288-5340

For more information on other local Family Day events, visit the Tykes & Teens Facebook page

Martin County Family Day Events Sponsored by:



Please note that District's approval is for content only, it does not constitute or imply approval and/or endorsement of this event by the school district.