



County of Wetaskiwin  
Family & Community  
Support Services

## NEWS RELEASE

**Thursday, February 07, 2013**

### **Disconnect to CONNECT this Family Day**

City of Wetaskiwin and County of Wetaskiwin Family and Community Services are encouraging citizens to get unplugged on Family Day Monday. Use this time to disconnect from technology and connect with yourself, family and community. Check out the free activities in our area happening on Monday, February 18!

Log the hours you and your family unplugged to see which municipality can connect the most! Visit [www.fcssaa.org](http://www.fcssaa.org) to log your hours on February 19 or 20 and share your story on what you did to unplug.

#### **Why Unplug?**

- 73% of kids would rather play with their parents than watch TV or use the Internet.
- Teens that have more than three family dinners per week are more likely to get better grades.
- Residents in connected neighbourhoods have greater quality of life.
- Three critical factors for healthy physical and psychological child development are movement, touch and connection to other humans.

**Free Family Day Swim** – sponsored by City of Wetaskiwin and County of Wetaskiwin Family & Community Support Services – bring the whole family and enjoy free family swimming at the Wetaskiwin Aquatics Centre from 1:00 PM to 4:00 PM! Fun for all ages ☺

**Annual Free Family Day at By-the-Lake Park**, Wetaskiwin 1:00 PM to 3:00 PM, horse-drawn sleigh rides, ice skating, tobogganing, face painting, tours of a fire truck, ambulance and police car. Also enjoy free refreshments, hot dogs, doughnuts and hot chocolate.

**Wetaskiwin—Free Family Day Skating** —hosted by Blaine Calkins, Member of Parliament Enjoy a free family skate at the Wetaskiwin Civic Centre from 2:30—3:45 pm in support of the Salvation Army Food Bank. Event is free but families are encouraged to bring a non-perishable food item.

**Free Family Skating** – sponsored by County of Wetaskiwin Family & Community Support Services, bring the whole family and enjoy free family skating at the Winfield Agriplex from 1:00 PM to 4:00 PM!

**Free Family Skating** – sponsored by Town of Millet, bring the whole family and enjoy free family skating at the Millet Agriplex from 10:00 AM to 5:00 PM!

#### **Contact:**

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