



A family is only as strong as its foundation. Coming together at dinnertime each day not only keeps a family involved with each other, but also creates a network of communication and support.

Visit www.flfamilyday.com for fun family dinner activities, recipes and more. Then, enter our Family Day Photo Contest by sharing a photo of your family eating dinner together on social media. Post it on our Facebook page or send it in a Facebook message to us. Or post it on Twitter or Instagram using #FLFamilyDay. Three random winners will be selected to win a \$100 Publix Gift Card.


Family Day
Stand Up For Sitting Down.

9.28.2015

Conversation is the main course – Use these open-ended questions to keep everyone talking:

- What was the best thing that happened to you today? Why?
- What was the funniest thing you saw today?
- What are you most grateful for today?
- What was the last dream you remembered?
- What would you like to do this weekend?