

# Family Day Unplugged

Feb. 20



The City of Leduc Family and Community Support Services (FCSS), in partnership with 16 neighbouring municipalities is committed to promoting a healthy, active lifestyle this Family Day (Feb. 20, 2012) through 'Family Day Unplugged.'

Leduc residents are encouraged to 'unplug' from technology and connect with family and friends, while participating in a friendly competition throughout the region.

## Why unplug?

- Residents in connected neighbourhoods have a greater quality of life.

## What can I do to unplug?

- Enjoy community activities, such as a day of tobogganing at Aileen Faller Park, shinny hockey at the Alexandra Rink, or enjoy an afternoon of board games with your family.
- Visit the Leduc Recreation Centre (4330 Black Gold Drive) and take part in many of their exciting activities. Visit [leducleisure.com](http://leducleisure.com) for more information.

## How do I log my unplugged hours?

- Visit [fcssa.ab.ca](http://fcssa.ab.ca) and electronically log your hours online after Feb. 20.
- Visit one of our designated sites and fill out a ballot form.
  - » **Leduc Recreation Centre** (4330 Black Gold Drive)
  - » **FCSS (Medical Arts Building)** - 4721 47 Ave)
  - » **Leduc Public Library** (1 Alexandra Park)
  - » **Telford House** (4907 46 Street)
- Hours must be logged before 4:30 p.m. on Wednesday, Feb. 22, 2012.



Scan this code with your smartphone's QR reader to visit us online!

Family Day Unplugged is an initiative brought to you by FCSS Evergreen participating municipalities.

CITY OF  
**Leduc**