

# Family Wellness Challenge



Reclaiming The Family Dinner  
One Meal At A Time!

## Why Family Dinner Matters:

Studies have shown that kids who eat with their families frequently are less likely to get depressed, consider suicide, or develop an eating disorder. They are also more likely to have better grades, delay sex, and not abuse drugs and alcohol. Reclaim your family time together by gathering around the table and giving thanks to God. Make a family plan to intentionally DISCONNECT from cell phones at the table. Experience the transforming power of engaging in face-to-face, heart-to-heart conversations with your family!



**Family Wellness Ministry**

*Greek Orthodox Metropolis of San Francisco*

[www.familywellnessministry.org](http://www.familywellnessministry.org)