



the FamilyDinner Project.org



You're Invited!

St. Cecilia Health Ministry, St. Cecilia Altar, and The Family Dinner Project are thrilled to announce an exciting opportunity for Spring 2018. It could be incorporated into your Lenten practices, too!

Your whole family is invited to participate in a

Community Dinner Series

At The Blue Cross Building (415 N. Kansas)

Research shows what parents have known for a long time: Sharing family meals is good for the spirit, brain and health of all family members. The benefits of family meals include: better academic performance, greater sense of resilience, increased emotional & social intelligence. In addition, children who eat dinner with their families have lower risk of substance abuse, depression, disordered eating and rates of obesity!

Participation in the Community Dinner Series means that you and your family:

- Try out Food, Fun and Conversation: 4 Weeks to Better Family Dinners
- Receive tips and support from the Family Dinner Project Team and Health Ministry
- Cook and eat together at 3 Community Dinners held at The Blue Cross Building, 415 N. Kansas

Families will get hands-on time in the kitchen making a family meal. While we wait for the food, we'll enjoy some games and conversation. We are looking forward to getting to know each other, having fun and sharing some tools for dinners together. All ages of families welcome!

The Community Dinners will be from 5:15pm-7:00pm on Wednesdays: Feb. 28, March 28, and April 25.

If you and your family are interested in participating, please contact Susan Ferrone at sferrone@windstream.net by Feb 21, 2018. For more information check out the parish website.