REDUCED TECH WEEK

Take Some Time Each Day To Step Away From All Of The Screens In Our Life. Put Down The Phones & Remotes! Just Family Fun Or Time For Yourself!

- Instead Of Playing Video Games, Play Outside
- Instead Of Watching TV, Do A Craft
- Put Down The Tablet & Read A Book
- Play Board Games
- Go For A Walk Or Workout
- Clean A Room You Have Been Avoiding
- Write A Letter To A Friend Or Family Member
- Do Something That Enhances Your Life

the YMCA

COMMUNITY CHALLENGE

SPIRIT • MIND • BODY • FOR ALL