

## **FOR IMMEDIATE RELEASE**

### ***Wyoming First Lady Hon. Carol Mead Joins Fourth Grade Students for Family Day***

CHEYENNE, Wyo. – Wyoming First Lady Carol Mead will join fourth grade students from Pioneer Park Elementary in Cheyenne on Family Day, September 23<sup>rd</sup>, to talk about the importance of family time together.

“Family Night is a wonderful way for families to get into the habit of spending time together,” said First Lady Carol Mead. “I’m looking forward to introducing the Family night cookbook to fourth graders to show them how much fun spending time with their families on a regular basis can be.”

Every Wyoming fourth grader will receive a Family Night cookbook as part of the Family Night preparations with three additional inserts to follow throughout the year. The Wyoming First Lady’s Family Night, which celebrates families having dinner together, will be on Monday, September 23<sup>rd</sup>.

“Children who spend time with their families are much less likely to get into trouble, use drugs or abuse alcohol, and they do better in school,” First Lady Mead said. “When I visit with children about what they enjoy doing, spending time with their families is always at the top of the list,” she said. “I encourage families to share a meal, try these fun activities and enjoy great conversation on September 23<sup>rd</sup> and throughout the year.”

First Lady Mead has been committed to strengthening Wyoming families and encouraging them to spend time together. “Even something as simple as eating dinner as a family supports Wyoming’s children in making healthy lifestyle choices,” First Lady Mead said.

This marks the thirteenth year Family Day is celebrated across the country, through the sponsorship of the National Center on Addiction and Substance Abuse (CASA), and this will be the ninth Wyoming First Lady’s Family Night.

For additional information about Family Day, visit [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org). For information on Wyoming’s First Lady’s Family Night visit <http://www.wyofams.org/familynight/htm> or call 307-514-4450.