



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DINNER MAKES A DIFFERENCE

Eating Together As A Family  
HEALTH AND WELLNESS

Are you craving some good dinner conversation? Needing to add some spice to the mealtime dialogue so you can move beyond one-word answers? Join Y families in this month's *Dinners Make a Difference Activity: ConvoCards!*



## FEBRUARY 27TH:



Write down a series of fun, open-ended questions such as:

- What was great about your day?
- What are you most grateful for?
- What do you hope will go better for you tomorrow?, etc.

Cut them up and put them in a bowl in the center of your table. Youngest at the table picks a question, oldest gives the first answer—and around the table you go until everyone has shared their thoughts. Here's to nourishing food and conversation!

Look for more *Dinners Make a Difference* ideas throughout the year.

**EUGENE FAMILY YMCA** 2055 Patterson Street, Eugene OR 97405  
P 541 686 9622 W eugeneymca.org

For more on healthy living, follow your Y:  



## Eugene's Newest Art Gallery

Come and join us at our  
**Grand Opening Celebration!**

Feb. 25th 10am-6pm



Festivities include:

art • refreshments • live music • make your own raku pottery  
Raku firing will be on the following Saturday, March 3rd.  
theatrical presentations of classic literature by **Rickie Birran**

artist demonstrations of the falcon **Freyja**  
• All demonstration pieces will be auctioned off the following Saturday, March 3rd.  
All proceeds will benefit The Cascades Raptor Center.


For more information please call:  
Sandi Grubbs @ 541-554-3744

**Pacific Rim Art Guild Studio/Gallery**  
405 Hwy 99N, Eugene, OR 97402  
[WWW.pacificrimartguild.com](http://WWW.pacificrimartguild.com)

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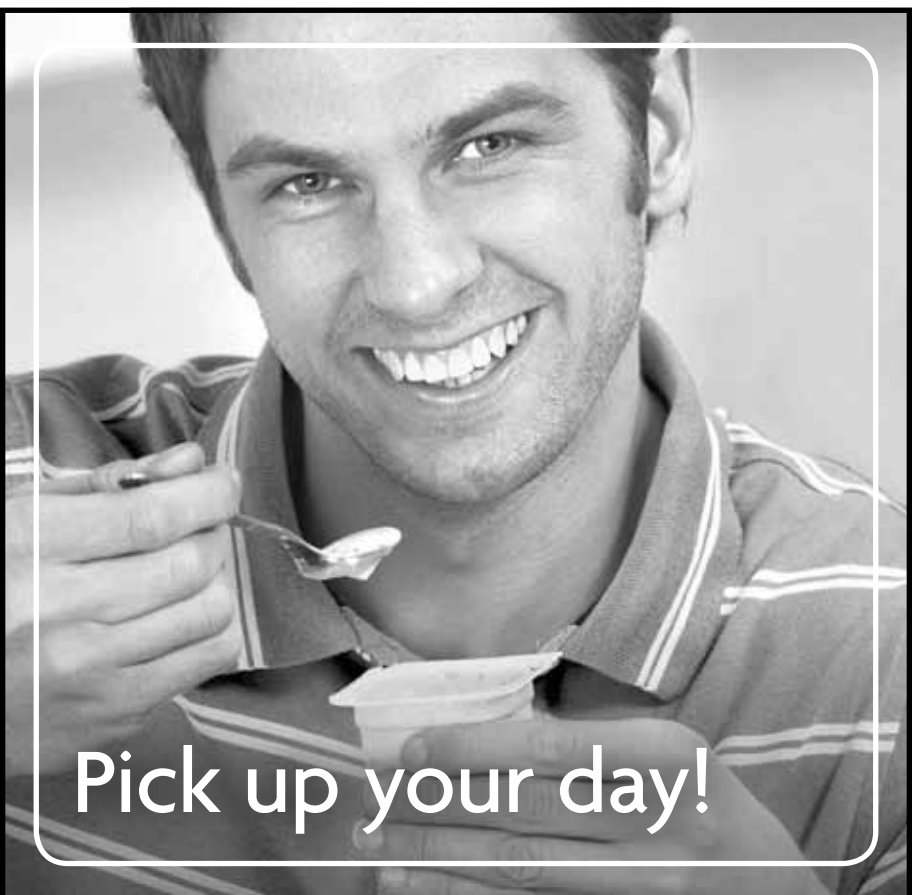


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