



FOR IMMEDIATE RELEASE

Contact:
Michelle Hamilton
Program Coordinator
860.448.4882 x305
mhamilton@ledgelighthd.org

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**Free Dinner for Groton Families to Celebrate Family Day™
Program Sponsored by Ledge Light Health District's GASP Coalition**

GROTON — Free dinner, fun activities and exciting entertainment are all part of the Groton Adolescent Substance Abuse Prevention Coalition's Family Day™ event, which will take place on Monday, September 28 from 5:30 to 7 p.m. at Catherine Kolnaski Magnet School in Groton.

Family Day™ is a national movement launched in 2001 by the National Center on Addiction and Substance Abuse at Columbia University. This informative and entertaining evening emphasizes the importance of family dinners.

Dinner will be provided by Neon Chicken. Entertainment for the event will be the Estrellas Dance Group of Norwich. Door prizes will also be raffled off at the event.

Families interested in attending this event must register by September 25, 2009 to GASP Coalition Coordinator Michelle Hamilton at mhamilton@ledgelighthd.org or by calling 860-448-4882 x305.

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Ledge Light Health District provides professionally managed comprehensive public health services designed to improve the quality of life and health and safety of its residents. The District service area consists of East Lyme, Groton, Ledyard, New London and Waterford, with a service population of over 120,000.

The Groton Adolescent Substance Abuse Prevention Coalition was formed in July 1999 to address substance abuse in the Groton community among the youth population (12-18 years of age). The coalition represents a collaboration of dedicated local agencies, parents, teens and other interested community members. The GASP Coalition is a Ledge Light Health District health education program funded by the Substance Abuse and Mental Health Services Administration Drug Free Communities grant.