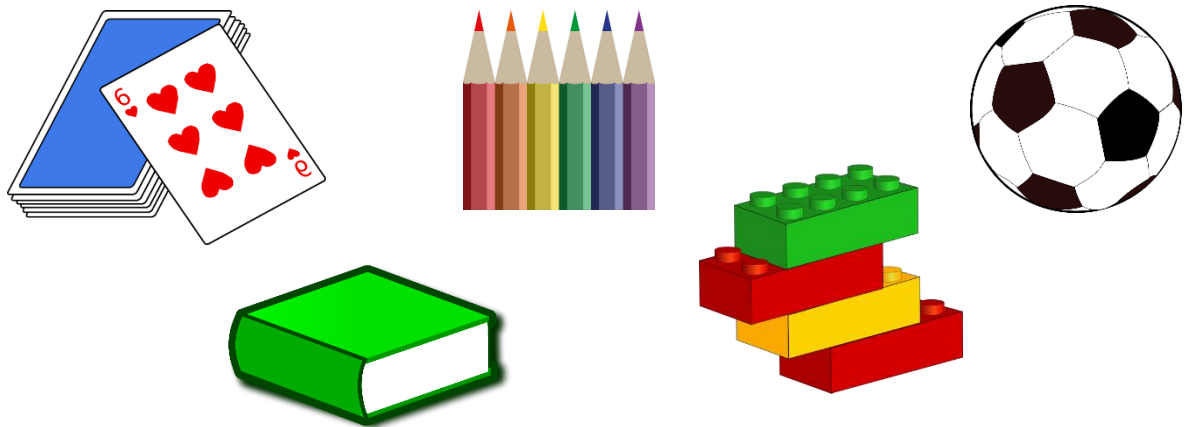# Live Your Why – Afterschool Edition

Other than using screens for schoolwork, try to go the day without electronic screens. Challenge people in your household to do the same.

Which screen-free activities did you enjoy doing the most?

Healthy Lamoille Valley

A Program of the Lamoille Family Center