

*SAVE THE DATE – March 25, 2010*  
*3rd Annual Family Ice Skating Event – Enjoy a Natural High!*  
*Admission is FREE!!!*



Back by popular demand, the Morris County Partners in Substance Abuse Prevention is hosting an evening of ice skating, fun and prizes for Morris County families.

**When:** *Thursday, March 25, 2010, 6:00 – 8:00 p.m.*

**Where:** *Mennen Sports Arena, 161 East Hanover Avenue  
Morris Township*

**Why:** *To experience a natural high, family style!*

*What is a Natural High?* An excited or elevated state brought on by a non-drug related life event. Studies have been done that lend support to natural highs (i.e. highs obtained without using chemicals) and their ability to induce positive emotions and a sense of well being as effectively as chemical highs.

*What Can You Do?* Parents and families can get involved in achieving natural highs by engaging in fun and uplifting activities together. Come join the **Morris County Partners in Substance Abuse Prevention** for this special event, and learn more about how to prevent substance use and abuse among our youth. **Admission and Skate Rentals are FREE!** Children under 12 must be accompanied by a parent or responsible adult.

*Due to limited capacity, pre-registration is required. Please arrive early!*  
*Call (973) 285-6860 to register.*



This event is made possible through collaboration among the Morris County Department of Human Services, the Morris County Partners in Substance Abuse Prevention, the Morris County Park Commission, and the United Way of Morris County, supported by the Morris County Board of Chosen Freeholders.