

**Physical
Benefits**



**Mental
Benefits**



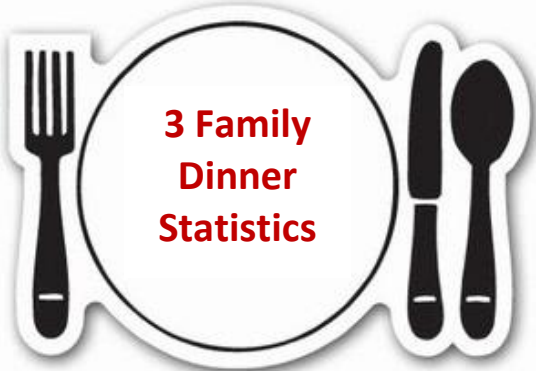
**Emotional
Benefits**



**Social
Benefits**

Eating Family Dinner Together

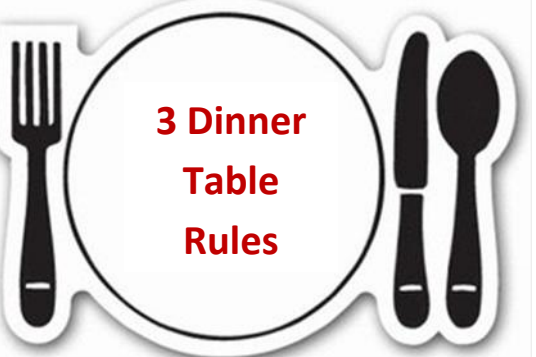




**3 Family
Dinner
Statistics**



**3 Topics
to
Converse
About**



**3 Dinner
Table
Rules**

