



## Greene County Public Health

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# Press Release

For Immediate Release  
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## Greene County Invited to Be Screen Free for Global Day of Unplugging, March 7-8, 2025

**GREENE COUNTY, OH** — Do you have multiple cell phones? Constantly Snapchatting, Tweeting, Tik Tok-ing, or Facebook-ing every move and find it hard to get through a meaningful conversation without adding to your story? We increasingly miss out on the valuable moments of our lives as we pass the hours with our faces buried in our smart phones, documenting our every move through social media and shielding ourselves from the outside world, where real connections happen.

If you notice these mannerisms in yourself – or your friends & family, Disconnect to Connect would like to invite you to commit to the Global Day of Unplugging (GDU) right here in Greene County on March 7, 2025.

Every year over the past decade, this powerful movement has taken place on the first Saturday of March, kicking off at sundown the night before. Schools, businesses, and individuals around the world are already planning tech-free events in the days leading up to and following the big day to maximize its impact!

Whether it's just one hour or a full 24 hours, people everywhere will unplug from their screens to dive into offline activities, real-life conversations, in-person connections, and meaningful moments.

Are you ready to step away from the digital world and connect with what truly matters? We invite you to encourage those around you – your business colleagues, your students, your co-workers, your neighbors, your family, and your friends to take this day and carve out precious time to unplug, relax, reflect, be active, visit the outdoors, and connect with loved ones. We ask that you share a message about Global Day of Unplugging on your marquis sign if available, share it in a newsletter, announce it on the radio, or any other way that you can think of to get the message out.

We hope you will join us in this effort county-wide on March 7, 2025! Ideas to Unplug:

- Join up with Greene County Parks and Trails and take a walk in the woods
- Go on a scavenger hunt
- Have lunch with a friend you haven't seen in a long time
- Ride a bike
- Bake some cookies

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- Volunteer at the Food Pantry
- Grab some sidewalk chalk and help your kids get creative
- Blow and pop some bubbles
- Create a joke jar
- Plan an evening out with friends for dinner and a comedy club experience
- Host a spa night

Disconnect to Connect (D2C) is a committee made up of professionals from several different county organizations, including Greene County Public Health, the Greene County Educational Service Center, Mental Health and Recovery Board of Clark, Greene and Madison Counties, Greene County Children Services, Greene County Family & Children First, and the Greene County Public Library. The group was developed to tackle the concerns of parents, educators, and community members about the effect of digital devices on the mental health and well-being of our youngest community members.

For more information or questions, please call 937-374-5669 or email [lfox@gcph.info](mailto:lfox@gcph.info).

***Greene County Public Health...***  
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