



# SUBSTANCE-FREE ACTIVITIES

## CELEBRATE SAFELY

TIPS FOR HEALTHY AND  
DRUG-FREE WEEKENDS



PLAY SPORTS



GO WATCH A MOVIE



EXPLORE THE CITY



GO FOR A WALK

## LEGAL SAFE

People who don't use substances have better health, are more successful in school, make more money, and have better relationships!

**Richland County  
Youth Substance Use  
Coalition**



[drugfreerc.org](http://drugfreerc.org)



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