

**Hertford County Public Library encourages you  
to participate in**

**National Day of Unplugging**

**Unplug yourself and the family from cellphones,  
laptops, gaming systems, social media, etc.  
If not for the whole day but maybe an hour or so.**



**Tips to UNPLUG:**

**Take a walk**

**Have coffee or lunch with a friend, NO phones**

**No phones at the dinner table**

**Read a book**

**Visit your local library**

**Meditate**

**Exercise**

**Play a board game or card game**

**Tell stories**

**Take a much needed nap**

**HOW DO YOU UNPLUG?**

**Hertford County Public Library**

**303 W. Tryon Street**

**Winton, NC 27986**

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