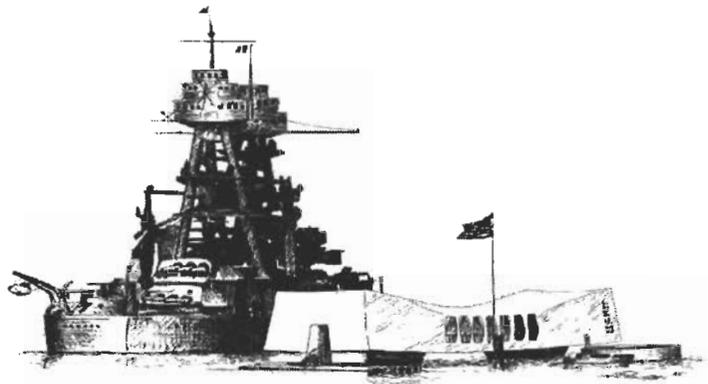


PRESS RELEASE

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FOR IMMEDIATE RELEASE

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All Pro Dad's Day Comes to Hawaii

PEARL HARBOR -- The Pearl Harbor Fleet and Family Support Center, in conjunction with All Pro Dad and Family First is sponsoring Hawaii's first All Pro Dad's Day Jan. 28 from 8 to 10 a.m. at Sizzler Restaurant, Pearlridge Center. This is a day in which dads and their children meet once a month for breakfast at a local restaurant or school to spend time together, get to know each other better and equip dads to be better parents.

According to the latest research, families do so much better when there is an active, involved and committed dad in their lives. Most dads want to become more involved and spend more time with their children. This is particularly true of Navy dads who spend much of their time separated from their children. All Pro Dad's Day will give dads a chance to meet other dads and get to know their kids better and enjoy a great meal. Except for the cost of the meal, the program, which includes resources, guest speakers, and interactive activities are included free of charge.

All Pro Dad is a program of Family First; a non-profit organization based in Tampa, FL. All Pro Dad is the ultimate resource for men who want to become better fathers. This program is one-of-a kind for Hawaii and offers practical fathering assistance 24 hours a day, 365 days a year.

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