

LET'S MOVE!
Child Care

Spring 2015

A FREE workshop for child care providers committed to healthy early care!



At the Let's Move! Child Care training, you will learn about how to incorporate healthy nutrition and physical activity into your child care program. You will complete a self-assessment, receive FREE lesson plans, curricular materials, handouts, and activity ideas, and start the path to supporting children's healthy development.

Upon completion of these two workshops, you will be ready to guide families and children in your care towards better health through healthy nutrition, increased physical activity, and limited screen time.

Workshop #1

Saturday, April 11th 9:00 am to 4:00 pm

Workshop #2

Saturday, May 9th 9:00 am to 4:00 pm

Location:

Grace Jordan Elementary
6411 Fairfield Avenue, Boise, ID 83709

***Lunch will be provided at both workshops.*



Providers must commit to attend the entire training *both* days. Space is limited. Registration deadline is April 6th. To sign up, email Amy Holmes below or visit the Idaho STARS website.



Visit
idahoaeyc.org



Email
amy@joyfulbitesboise.com

