

WANT TO LEARN MORE ABOUT HEALTHY EATING & PHYSICAL ACTIVITY IN THE EARLY YEARS?



THE APPETITE TO PLAY interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating childcare settings that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviours. During this workshop planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the **Appetite to Play** online resources. The workshop is three hours in length and will count towards professional development credits for early childhood educators.

NEXT WORKSHOP: Saturday January 20th, 2018

Time: 9am-12pm

Location: CCRR Family Room

Cost: \$10

TO FIND OUT MORE AND REGISTER

Registration with CCRR office:

Phone: 250-563-2483

Email: ccrr@nbc.ymca.ca

Registration deadline Friday January 12, 2018



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Appetite to Play is supported by the BC Physical Activity Strategy. It is delivered in partnership through:

