

# LET'S MOVE! Child Care

## Spring 2014

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 a goodie bag (with lesson plans, 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, March 8th 9:00 am to 4:00 pm

### Workshop #2

Saturday, April 5th 9:00 am to 4:00 pm

### Location:

Whitney Community Center  
1609 S. Owyhee St., Boise, ID 83705




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

Providers must commit to attend *both* trainings. Limited to 2 people per facility, preferably a director and staff. Space is limited. Registration deadline is March 1. To sign up:

 Visit  
[idahoaec.org](http://idahoaec.org)

 Email  
[pkeyes@idahoaec.org](mailto:pkeyes@idahoaec.org)

 Call  
208.338.4732

