

# LET'S MOVE! Child Care

## WORKSHOP

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

Learn how to incorporate the 5 Let's Move Child Care Goals into your program:

1. Get Kids Moving
2. Nurture Healthy Eaters
3. Provide Healthy Beverages
4. Reduce Screen Time
5. Support Breast Feeding

Let's give kids the healthy start they need!



**Saturday April 21<sup>st</sup>, 2018**  
**9:00 a.m. to 4:00 p.m.**

**Hamilton Indoor Recreation Center**  
**1724 E. F Street**  
**Moscow, ID 83843**

Lunch & Snacks  
Provided

6 IdahoSTARS  
Training Hours

Free Toolkits &  
Resources

Enter Drawings  
for Giveaways

The registration deadline is April 6th and the first 3 individuals to register will receive an additional "5-2-1-0 Let's Go" Toolkit, so register early. Visit the IdahoSTARS website or contact the facilitator Ammie Falen to register.

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

Email: [falen01@yahoo.com](mailto:falen01@yahoo.com)

Call: 208-310-1499



**Public Health**  
Idaho North Central District



**IDAHO  
STARS**



**IPAN**  
Idaho Physical Activity  
and Nutrition Program

Funding for this conference was made possible by Grant #5NU58DP0048-05-00 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or CDC.