

LET'S MOVE! Child Care

WORKSHOP

FREE workshops 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!



Day 1: Saturday, April 8th
9:00 a.m. to 4:30 p.m.

Day 2: Saturday, April 29th
9:00 a.m. to 4:30 p.m.

Public Health Idaho North Central District
215 10th Street Lewiston, ID 83501

Lunch & Snacks
Provided

14 IdahoSTARS
Training Hours

Free Toolkits &
Resources

Enter Drawings
for Giveaways

Please plan to attend both trainings. The registration deadline is March 31st and the first 10 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

Email: falen01@yahoo.com

Call: 208-310-1499



Public Health
Idaho North Central District



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IPAN
Idaho Physical Activity
and Nutrition Program