

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 October 14th, 2017

9:00 a.m. to 4:00 p.m.

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

Lunch & Snacks
Provided

6 IdahoSTARS
Training Hours

Free Toolkits &
Resources

Enter Drawings
for Giveaways

The registration deadline is October 6th and the first 5 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



**IDAHO
STARS**



IPAN
Idaho Physical Activity
and Nutrition Program

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