

# LET'S MOVE! Child Care

A **FREE** workshop for child care providers committed to healthy early care!  
14 credit hours are available!!



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 resources, and continue on 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, April 9<sup>th</sup>**  
10:00 a.m. – 4:00 p.m.

**Workshop #2**  
**Saturday, May 7<sup>th</sup>**  
10:00 a.m. – 4:00 p.m.

**Location:**  
**South Central Public Health District**  
117 East Ash St.  
Bellevue

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

Providers must commit to attend **both** workshops. Space is limited to 2 people per facility, preferably a director and staff. **Registration deadline is April 1, 2016.**

Register by: **Web:** [www.idahostars.org](http://www.idahostars.org) **E-mail:** [jtigue@csi.edu](mailto:jtigue@csi.edu) **Phone:** 208-732-6479

