



HEALTHY ENVIRONMENT PROJECT PROFESSIONAL DEVELOPMENT

If you are a home- or center-based childcare provider, this training opportunity is for you!

Attend this professional development (PD) session to learn how to implement healthy eating and physical activity policies in your ECE program. Participants will learn how to implement policy, system, and environment (PSE) changes at their ECE centers. Many of the PSE changes align with licensing requirements and Colorado Shines. Examples include:

- Classroom teachers lead children in structured physical activities daily
- Staff join children in active free play
- Nutrition education lessons and healthy cooking activities are included in lesson plans at least once per month

WHAT'S IN IT FOR YOU?

- 2 hours of FREE interactive, hands-on professional development
- Potential to earn points towards a Colorado Shines rating
- Receive \$150 worth of materials related to PSE changes (delivered to your site 1-month after training)
- A meal will be provided
- Opportunity to be a Wellness Champion for your ECE center or home and receive an additional financial incentive!

Details

- 2 hour interactive PD at your center
- Snack or meal served

To schedule for your center:

Contact Emily
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