



MOVING INTO WELLNESS

Please join us for a free training to learn about programs you can use to incorporate important healthy practices into child care and early care and education settings. Whether you are a home child care provider, in a licensed care setting or a family or friend caring for young children, this training is for you.

Following this training, you will be able to earn contact hours through Colorado Shines. You will receive a workbook, music CD, activity cards and hands-on experience with promoting physical activity in your child care site.

Saturday, August 17, 2019
9 a.m. — 3 p.m.

Fountain Public Library
230 South Main Street
Fountain, CO 80817
Fountain Meeting Room

Free training!

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Earn contact hours

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Lunch provided

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**May attend
Breastfeeding-
Friendly Child Care
Training or IMIL
series as a stand-
alone module**

9 — 11 a.m. or

11 — 3 p.m.

To register, contact

Karrie Garzelloni

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**Registration deadline:
Aug 9, 2019**



TRAINING AGENDA

Breastfeeding–Friendly Child Care 9 - 11 a.m.

Returning to work after having a baby can be a very stressful time for mothers. For breastfeeding families, support from their baby's caregivers is essential to the success of breastfeeding. This interactive workshop will help you learn how your child care can best support breastfeeding families and staff.

I am Moving, I am Learning 11 a.m. - 12 p.m.

I am Moving, I am Learning (IMIL) is a nationally-recognized practice used to improve the quantity and quality of physical activity in early childhood settings. Participants learn and practice strategies to enhance structured physical activity through music and movement for young children. Using a team approach, participants develop program-specific action plans to successfully implement IMIL into their daily routines.

Lunch 12 - 12:30 p.m.

IMIL Continued 12:30 - 1:30 p.m.

IMIL for Infants and Toddlers 1:30 - 2:30 p.m.

Enriching early childhood experiences supports brain development and forms bonds that are essential for healthy physical, cognitive and social development. We will explore how music and movement can enhance these relationships. This training will provide participants with strategies and resources to implement learning activities for music and movement with three different ages and stages including: infants (pre-crawlers), babies, (crawlers) and toddlers (walkers).

Wellness Champion 2:30 - 3 p.m.

Building upon the IMIL training, this portion of the training offers the support needed to implement IMIL and to create workplace wellness programs that support physical activity and nutrition. This is for anyone interested in being a champion for wellness!

Register today:

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(719) 578-3265

