

Maryland Head Start Association 2020 Annual Winter Health Institute

Wednesday, February 26, 2020
Breakfast and Registration: 8:00 am – 8:45 am
9:00 am – 5:00 pm
Lunch: 12:15 pm – 1:30 pm

Hosted by the National Center on Early Childhood Health and Wellness

❖ *Health Active Living Institute*

Supporting healthy eating and play habits for young children in the Head Start program and at home can be challenging-and frustrating! Join us for a full day of training to explore the spectrum of healthy habits necessary for young children to grow and thrive, and ways to build family engagement activities. In addition, discover how staff wellness can support healthy children. Participants will build their own action plan throughout the day. You will leave this Institute with strategies for:

- Staff Wellness and Education
- Evaluating program services and policies
- Developing policies that support implementation
- Engaging families
- Incorporating health foods, nutrition education, and active play into current curricula and classroom activities.

Presenter: Florence Rivera, MPH is a Senior Manager at the American Academy of Pediatrics. She began her career as a manager of a Women, Infants and Children clinic developing health strategies with high risk families to achieve healthier lifestyles. She has extensive experience designing and implementing public health programs specifically Early Head Start and home visiting programs. She currently serves as the lead on obesity prevention strategies for the Institute for Healthy Childhood Weight to the National Center for Early Childhood Health and Wellness. Ms. Rivera has a Bachelor of Science in Dietetics and Masters in Public Health.