



**Kids  
New West**

# Kids New West

Appetite to Play is a provincial initiative in B.C. that supports early years' providers to promote healthy eating and physical activity in the early years (0-5 years). The workshops are three (3) hours in length, and count towards professional development credits for early childhood educators.

## Appetite to Play Workshop

### Healthy Eating & Physical Activity in the Early Years

**Tuesday, May 8, 2018**

**1:00 – 4:00 pm**

**Centennial Community Centre**

65 East Sixth Avenue (next to Canada Games Pool)



HEALTHY EATING &  
PHYSICAL ACTIVITY  
IN THE EARLY YEARS

### WHAT WILL I LEARN IN THE APPETITE TO PLAY WORKSHOP?

The Appetite to Play workshop is very interactive, and will enhance knowledge, skills and confidence in creating childcare/preschool settings that support physical activity to promote healthy child development. During this workshop planning tools, self-assessments, tips, ideas, recipes, games and activities will be shared and practiced. Participants will also receive a booklet to help them get started and an overview of Appetite to Play online resources.



Sponsored by:



**Early Years  
Centre**

Pre - register through New Westminster Parks and Recreation or call 604.777.5100

Barcode #9450

This is a **FREE** event

Snacks and resources will be provided