

LET'S MOVE! Child Care

WORKSHOP

FREE workshops for child care providers committed to healthy early care!

Learn how to incorporate the 5 Let's Move Child Care Goals into your program:

1. Get Kids Moving
2. Nurture Healthy Eaters
3. Provide Healthy Beverages
4. Reduce Screen Time
5. Support Breast Feeding

Let's give kids the healthy start they need!



Day 1: Saturday, March 11th
9:00 a.m. to 4:00 p.m.

Day 2: Saturday, April 15th
9:00 a.m. to 4:00 p.m.

Southwest District Health
13307 Miami Lane, Caldwell, ID

Lunch & Snacks
Provided

14 IdahoSTARS
Training Hours

Free Curriculum
& Resources

Enter Drawings
for Giveaways

Attendance at BOTH trainings is required. The registration deadline is March 6th. Visit the IdahoSTARS website or contact the facilitator Armida Molina to register.

Visit: idahostars.org

Email: MolinaA@dhw.idaho.gov

Call: 208-283-0109

