

Crunching & Munching, Moving & Grooving...



for School Age Children



Dates of Training: November 6th & 13th 2018

Time: 9:00am – 10:30am

Register Online at : www.swcdcinc.org

Location: Online www.gotomeeting.com (link will be provided to registered participants)

Cost: FREE

Instructor: Erin Marley (marley.erin@swcdcinc.org)

Credit issued: .5 CEU (equivalent to 5 DCDEE contact hours)

Registration ends October 30th 2018.

*A copy of the application may also be printed and mailed to
Southwestern Child Development Commission PO Box 250 Webster, NC 28788*

Are your children moving and grooving in a fun way? What about crunching and munching on healthy foods? Are you worried that they don't WANT to do enough of either of these? If so, this training may be just what you need to find interesting and fun ways to capture their attention. We'll explore concepts of how much sugar is actually in our food and how to find it and plan fun games that sneak in new ways to be active. This 'kid friendly' approach will have you on your way to transforming your school age program into a lean-mean-healthy machine.

Technology needs required:

- *Computer, tablet, or smartphone with internet connection*
- *Computer, tablet or smartphone with audio/ability to watch & listen to a video online*
 - *Keyboard/mouse (laptop with mousepad)*
 - *Telephone or computer with speakers*
- *Attendees can join GoToMeeting from a Mac, PC, iPad, iPhone or Android device.*
<http://www.gotomeeting.com>
 - *Ability to email assignments to instructor*
 - *PDF Reader*
- *Ability to send and receive electronic documents (email)*

Participants will be required to complete 2 hours of pre/post work assignments and participate in 3 hours of online coursework. Instructors have no proprietary interest in the design, development, or marketing of any learning events. Participants must pass a post knowledge assessment with a score of 90% or higher.