

Please share with your networks!



Increasing the participation of girls and young women in physical activity and sport

WORKSHOP INVITATION

Tuesday April 10th, Woodstock ON

On the Move is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. *On the Move* is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

During this interactive, issue-based *On the Move* Workshop, participants will:

- ☑ Learn about *On the Move*, and other CAAWS programs.
- ☑ Discuss the value of sport and physical activity for girls and young women and the barriers they confront to their participation.
- ☑ Hear about best practices, successes and challenges from your community, and others across the country.
- ☑ Gather practical tips and program ideas to engage inactive girls and young women and create positive programs that support their participation.
- ☑ Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or plan something new.

The *On the Move* workshop is designed for anyone with an interest in the health and well-being of girls and young women - recreation staff, health promoters, coaches, sport administrators, teachers, school administrators, staff from friendship centres or settlement agencies, and parents. Workshop participants will receive a complimentary copy of the *On the Move* Handbook and other CAAWS resources.

COST: FREE!

WHEN: Tuesday April 10th, 12:30-4:00pm
(Light refreshments will be served)

WHERE: Quality Inn Woodstock: Altadore Room, 580 Bruin Blvd, Woodstock, ON
1-800-667-4466

R.S.V.P. to: Laura Jenkins, Public Health Nurse at Oxford County Public Health & Emergency Services (519) 539-9800 x 3506 or ljenkins@oxfordcounty.ca

REGISTRATION DEADLINE: Wednesday March 28, 2012

About the Workshop Facilitators

Kandis Hodgins is a qualified Registered Early Childhood Educator who has been working with children and youth age 0-13 for the past four years and is currently a Community Developer for the North Lambton Community Health Centre. **Martha Trepanier** holds a degree in Human Kinetics and a diploma in Sport and Recreation Administration is currently a Health and Physical Education teacher at Clarke Road Secondary School in London, Ontario. **Sydney Millar**, CAAWS' National Program Director, has travelled across Canada delivering *On the Move* workshops and presentations.

For more information about CAAWS and *On the Move* visit www.caaws.ca.

On the Move Workshops have been made possible through a financial contribution from the Ontario Trillium Foundation.

