

Please share with your networks!



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

WORKSHOP INVITATION

Saturday February 25th, Campbell River, BC

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: Saturday February 25th, 1:30pm – 4:30pm

WHERE: Strathcona Gardens Recreation Complex – 225 South Dogwood St., Campbell River

**REGISTER: Strathcona Gardens Recreation Complex
250-287-9234 ext. 0 for reception**

REGISTRATION DEADLINE: February 17th at 5:00 PM

About the Workshop Facilitator

Sydney Millar is the National Program Director at the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS). She has travelled across Canada delivering workshops and presentations about how to create positive programs and inclusive environments to engage more girls and young women in sport and physical activity. Sydney has a Bachelor of Kinesiology degree from McMaster University and a Master of Arts degree in Human Kinetics from the University of British Columbia.

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 Public Health Agency of Canada.*



PROMOTION PLUS
GIRLS AND WOMEN IN
SPORT AND PHYSICAL ACTIVITY