

Please share with your networks!



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

## WORKSHOP INVITATION

Wednesday, February 15<sup>th</sup>, Gravelbourg, Saskatchewan

*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:** Wednesday, February 15<sup>th</sup> from 6:00pm to 9:30pm

**WHERE:** Maillard Cultural Centre, 133 - 5th Avenue East, Gravelbourg, Saskatchewan

**REGISTER:** Contact Guylaine Green, Sports, Culture & Recreation Director  
Office: (306) 648-3301, ext. 6 or Email: [gravelbourg.recculture@sasktel.net](mailto:gravelbourg.recculture@sasktel.net)

**REGISTRATION DEADLINE:** February 3, 2012 by 5:00pm

### About the Workshop Facilitator

Chantelle Rouault-Gibson has a background in coaching, officiating and participating in primarily female sports. With her own daughter broaching the years when physical activity statistically drops for girls, she has a great interest in understanding the trend and how to break that cycle. Chantelle has recently worked with local school divisions to incorporate more physical activity into the school day. She also has activity programming experience from decades of work with Provincial Sports Organizations and is excited to engage in a discussion with other practitioners and policy makers about creating positive programs for girls and young women.

For more information about CAAWS and *On the Move* visit [www.caaws.ca](http://www.caaws.ca).

*On the Move Workshops have been made possible through a financial contribution from the Public Health Agency of Canada.*

