

Please share with your networks!



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

WORKSHOP INVITATION

March 9th, 2012, Tobique First Nations, New Brunswick

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: Friday March 9th

TIME: 10:00AM TO 2:00PM Lunch will be provided

**WHERE: Wolastoqewiyik Healing Lodge
13309 Route 105, Tobique First Nation**

**R.S.V.P. to: Mary Solomon, RSW, Prevention and Support Worker Wolastoqewiyik Healing Lodge
Phone: (506) 273- 5541 or 5403, Fax #: (506) 273-4286
Email: marysolomon880@hotmail.com**

REGISTRATION DEADLINE: Wednesday, February 29, 2012

About the Workshop Facilitators

Mary Lynn Jardine has a Youth Care Worker Diploma from NBCC-Miramichi, and is currently working towards a Bachelors Degree in Adult Education at the University of New Brunswick. She is a Mom of two daughters; ages 18, and 12. Mary Lynn is employed with NBCC-Miramichi as an instructor with the Health and Human Services Department. Prior to this, she worked for 13 years as the Youth Coordinator for the City of Miramichi, where she ran a very successful Girls On the Move program.

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

