



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

WORKSHOP INVITATION

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 the national *On the Move* initiative, CAAWS, and other exciting initiatives, such as *Aboriginal Girls On the Move*.
- ☑ Discuss the value of physical activity and sport 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.
- ☑ Discover 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.

Practitioners, policy makers and volunteers involved in the sport, physical activity, health, education and social service sectors are invited to attend – e.g. municipal recreation staff, coaches, health promoters, 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: March 31, 2010 9am-12pm

WHERE: Municipality of the County of Antigonish Admin Building; 285 Beech Hill Rd, Antigonish.

R.S.V.P. to: Kristin Porter, Phone: 902-522-2598; Email: kristin.porter@munet.ns.ca

Space is limited! Registration deadline: March 24, 2010.

About the Workshop Facilitator:

Tammy Feltmate is the Active Living Coordinator with the Municipality of the County of Antigonish. Tammy believes strongly that to address the epidemic of physical inactivity in our community there is a need to work collaboratively to create inclusive physical activity programs and positive environments that address the unique needs, interests and experiences of girls and young women. Tammy lives in Pomquet, Antigonish County.

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

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Canadian Association for the
Advancement of Women
and Sport and Physical Activity

Association canadienne pour
l'avancement des femmes
du sport et de l'activité physique

