



*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, 6:30 – 9:30 p.m.

WHERE: Quinte Sports Centre, 265 Cannifton Rd., Belleville (2nd Floor in the Wally Dever Arena)

**R.S.V.P. to: Karen Brintnell, 613-966-5513 ext 259 or kbrintnell@hpechu.on.ca
*Registration deadline is March 24, 2010***

About the Workshop Facilitator

Sydney Millar works as the National Project Manager for CAAWS, and has delivered workshops across the country about creating inclusive physical activity programs and positive environments that address the needs, interests and experiences of girls and young women.

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

About the Host

Ignite is the physical activity network for Hastings and Prince Edward counties and is made up of individuals and organizations that have a genuine interest in promoting physical activity. For more information or to join contact Lesley Kennedy at 613-966-5513 ext. 339.

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

