



*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:** Wednesday, April 14, 2010, 1:00-4:00 pm

**WHERE:** Chief Louis Center (Red Brick Building) 345 Yellowhead Highway Kamloops Indian Band

**R.S.V.P. to:** **Renee Gurnsey**, Director, Youth & Family Support Programs, Boys and Girls Club of Kamloops by email: [youth@bgckamloops.com](mailto:youth@bgckamloops.com) or by phone: 250-554-5437 (ext. 206) or; **Anne Keith**, Sports and Recreation Coordinator, Tk'emlups Indian Band by email: [akeith@kib.ca](mailto:akeith@kib.ca) or by phone: 250-828-9801

**Registration deadline is FRIDAY, APRIL 9<sup>TH</sup>**

### About the Workshop Facilitator

Brenda Adams has worked in the Health, Fitness and Recreation Industry for more than 15 years. Her fun and interactive facilitation style along with her ability to create inspiring experiences truly makes her workshops and training events something not to be missed!

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



Boys & Girls Club  
of Kamloops



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SPORT AND PHYSICAL ACTIVITY