



*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, March 31, 2010 9:00am – 12:00pm

**WHERE: City of Peterborough, General Committee Room,
500 George Street North, Peterborough ON K9H 3R9**

R.S.V.P. to: Ellen Stewart Tel: 742- 7777 x 1805 Email: estewart@peterborough.ca

Registration deadline is Wednesday March 24, 2010

About the Workshop Facilitator

Kristy Hardiman is a Program Coordinator with the City of Ottawa in the Girls n' Women and Sport program. Overseeing the Women & Sport portfolio, Kristy facilitates sport leagues and sport development programs for more than four-thousand Women in the Ottawa-area. Kristy is involved in sport as a participant, and as a coach with Nepean Girls Hockey. Her passion lies in promoting opportunities for females to participate in sport at all levels.

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

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the Public Health Agency of Canada.***

