



*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:** Friday, March 26<sup>th</sup>, 2010, 9:30am to 12:30pm

**WHERE:** Red Deer Native Friendship Society, #200, 5405-50<sup>th</sup> Avenue

**R.S.V.P. to:** Phyllis Redcalf, 403-340-0020, health@rdnfs.com

**Registration deadline is Friday, March 19, 2010 @ 4:30pm**

### About the Workshop Facilitator

Emilea Karhioo works for the Alberta Native Friendship Centres Association in Edmonton AB. She is of Iroquois-Cree descent, and has worked extensively in Aboriginal communities throughout Alberta. Emilea applies her Bachelor of Physical Education degree and her passion for health and fitness in a variety of settings including on-reserve recreation programming, diabetes prevention initiatives and health promotion through public speaking, resource development for Aboriginal children, personal nutrition consultation, group exercise classes and article writing.

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

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the Public Health Agency of Canada.***

