



*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 29<sup>th</sup>, 2010 1:00pm - 4:00pm

**WHERE:** Mateway Activity Centre, 1 Mateway Dr Renfrew, Ont.

**R.S.V.P. to:** Kelley Whitman-McKie, Director of Parks and Recreation 613-432-3131

**Registration deadline is March 25<sup>th</sup>, 2010**

### About the Workshop Facilitator

Michelle Cundari is a Physical Activity Promoter with the North Bay Parry Sound District Health Unit, and volunteers and facilitates with various provincial, regional and local groups. Michelle is known for her upbeat, “make-it-easy” approach to healthy and active living, and she “walks her talk” as an active role model at work, with her family and with her friends and teammates.

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



*KidActive*