



*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 1st, 1:00-4:00pm

WHERE: Thunder Bay District Health Unit, Auditorium – 999 Balmoral Street

R.S.V.P. to: Kim Sitch at 625-8315, email: Kimberly.Sitch@tbdhu.com
Registration deadline is Wednesday, February 24, 2010

About the Workshop Facilitator

Becky Holden works as a Health Educator for the Northwestern Health Unit in Fort Frances, Ontario, collaborating with community partners to develop and implement initiatives supporting healthy communities. With a background in Human Kinetics, promoting active living is a personal and professional priority for Becky, and she recently completed her Masters work on physical activity experiences of female adolescents within Northwestern Ontario.

For more information about CAAWS and *On the Move* visit 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

