



*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:** Thursday, April 15, 8:30 AM – 11:30 AM  
*\*Concurrent sessions will be delivered in English and French*

**WHERE:** Sport for Life Centre, 145 Pacific Ave

**R.S.V.P. to:** Jackie Onagi, Training and Event Coordinator, Recreation Connections Manitoba  
Email: [trainingandevents@mts.net](mailto:trainingandevents@mts.net) Telephone: (204) 782-0066

**Registration deadline is THURSDAY, APRIL 8, 2010, 4:00 PM**

### About the Workshop Facilitator

Michelle Schmidt works as the Assistant Director of Programs for the Boys & Girls Clubs of Winnipeg. Michelle is currently involved with overseeing the *Girls Night Out* program, a program that exposes at-risk girls to a variety of unique recreation and physical activities with the hopes of increasing their participation in sport and physical activity. She has been involved in facilitating this program and now trains other *Girls Night Out* facilitators. Michelle is a member of the United Way of Winnipeg's Speaker's Bureau and resides in Winnipeg, MB.

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.***

