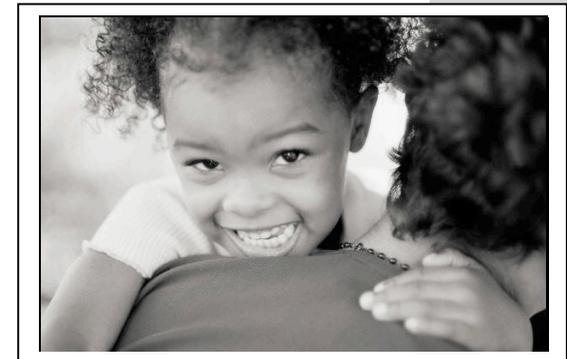


HEALTHY ACTIVE KIDS

Choose from 6 locations
across Arizona



Make a Difference Locally
February & March 2007

Workshop Locations

- **Feb. 8, 2007 - Phoenix** – 3 to 8:30 PM
– Deer Valley Unified School District,
Copper Creek Elementary,
- **Feb 15, 2007 – Tucson** - 10 AM to 4
PM – UA Cooperative Extension, 4210 N.
Campbell
- **Feb. 21, 2007 – Phoenix** –
Wednesday, 3 PM to 8:30 PM, UA
Cooperative Extension, 4341 E. Broadway
- **Feb 24, 2007 – Kingman** – 9 AM – 3
PM - Mohave County Cooperative
Extension, 101 E. Beale St., Suite A
- **March 8, 2007 - St. Johns** – 10 AM
- 4 PM - UA Cooperative Extension, 845
W. 4th North
- **March 24, 2007 - Sierra Vista** – 10
to 4 PM - UA South Campus, 1140 N.
Colombo

Choose from 6 Locations

Check in 15 minutes before start

\$15 for meal, breaks & materials
Registration due 3 days before the session
you want to attend.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Mary Conner, 602-470-8086 Ext 353. Requests should be made as early as possible to allow time to arrange the accommodation

Cooperative Extension Healthy Lifestyle Work Group Members

Apache - 928-337-2267
Joyce Alves
Cochise - 520-458-8278, x 2178
Evelyn Whitmer
Coconino - 928-774-1868
Gila - 928-474-4160
Graham - 928-428-2611
Greenlee - 928-359-2261
La Paz - 928-669-9843
Maricopa - 602-470-8086
Sharon Hoelscher Day x 332
& Ruth Jackson x 361
Mohave - 928-753-3788
Lynne Durrant
Navajo - 928-524-6271
Pima - 520-626-5161
Linda Block & Dan McDonald
Pinal - 520-836-5221
Kim Gressley &
Cathy Martinez
Santa Cruz - 520-281-2994
Yavapai - 928-445-6590
Marta Stuart
Yuma - 928-726-3904
Victoria Steinfelt
UA Campus
Vanessa Stanford, Sheila Merrigan,
Scottie Misner, Linda Houtkooper,
Scott Going, Kay Hongu



What can you do?

You can integrate children's weight and healthy lifestyles education and activities into your classroom, current youth, family and community programs!

Overall Goal

- Raise healthy, active children and youth in Arizona families

Objectives

- Increase awareness of moderate physical activity and healthy food choices needed for health benefits and reducing child obesity
- Integrate Healthy lifestyles into existing classrooms, and youth programs
- Increase Healthy Lifestyles programming for youth and adults
- Develop stronger partnerships and communication with youth and family partners to make a difference for healthy, active children

Who Should Attend: youth organization staff, volunteer leaders, teachers, parks/rec leaders, 4-H volunteers

Learn how you can make a difference in the health of Arizona's youth!



Workshop Topics

- Integrating Healthy Lifestyles into Youth Programs and the Classroom: Mobilizing for Local Action
- Healthy Weight for Children & Families – What do we know and what can we do?
- Portion Control and Hunger Scale
- Classy Moves – Physical activity for improved learning and discipline
- Healthy Celebrations, Snacks and Rewards
- Curriculum for healthy eating and physical activity
- Hands-on Curriculum Work

Food, Fun & Reading

MyPyramid

Classy Moves

VERB – It's what you do!

Jump into Fitness

PowerPanther and more . . .

Registration

\$15 for meal, breaks & resource materials & curriculum

Payable to University of Arizona

Register On-line

cals.arizona.edu/maricopa/fcs/HealthyActiveKids.php

or mail to

UA Cooperative Extension

Att: Healthy Active Kids

4341 E. Broadway, Phoenix, AZ 85040

Speakers

Evelyn Whitmer, UA Cochise County Cooperative Extension
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Sharon Hoelscher Day, UA Maricopa County Cooperative Extension
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