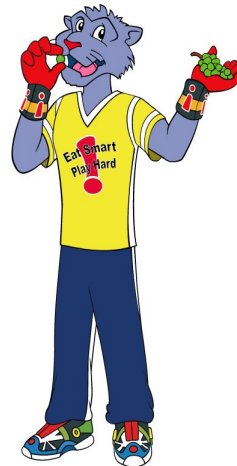

Lets Eat Smart & Play Hard Together!

A Train-the-Trainer Workshop

Learn how to implement this Nutrition and
physical Activity Program aimed at 6-8
year old children and their Adult Buddies



*Cooperative Extension Auditorium
2156 Sierra Way Suite C
San Luis Obispo*

Wednesday April 20, 2011 9:00 am–Noon

Workshop includes:

- English /Spanish Curriculum
- Six interactive lessons
- Recipes
- Activities,
- Handout
- And more...



Also Includes CD Copy of entire curriculum

*Added Bonus: Instruction to the Let's Get Moving
Lesson Plan-a nutrition and active play curriculum
for 4 year old children and their adult buddies*

Professional Credits

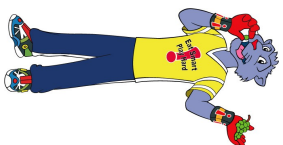
**Three credits for Dietitians and DTRs
Provider: University of California Davis
Department of Nutrition, approved by:
California Board of Registered Nursing-
provider 7573-for 3 contact hours**

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**University of California
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2156 Sierra Way Suite C
San Luis Obispo, CA 93401
Address Service Requested**

L e t ' s E a t S m a r t & P l a y H a r d T o g e t h e r !



Let's Eat Smart & Play Hard Together!

Wednesday April 20, 2011

9:00 am—Noon

Cooperative Extension Auditorium
2156 Sierra Way Suite C
San Luis Obispo



Speaker: Shirley Peterson

Nutrition, Family, and Consumer Sciences Advisor
University of California Cooperative Extension
San Luis Obispo and Santa Barbara Counties

805-781-5951
sspeterson@ucdavis.edu

Curriculum Key Themes

- Choose fruits and vegetables for snacks
- Find fun ways to move your body
- Drink water between meals and during activities
- Work as a team with your buddy
- Set goals for eating healthier snacks and moving your body more

Instructions

- Space is limited to 15 attendees for each workshop.
- Sponsor reserves the right to cancel in the event of low registration.
- Requests for refunds must be in writing and postmarked by April 6, 2011.
- Please car-pool., parking is limited.

Cost

- \$50.00 per person
- If more than one person from an organization registers, the cost is \$50.00 for the first person and \$15.00 for each additional person.

FOR REGISTRATION INFORMATION

contact: Ingrid Schumann
805-781-5940
ischumann@co.slo.ca.us

Registration Form

Let's Eat Smart and Play Hard Together!
Wednesday April 20, 2011
9:00 am —Noon

Register on line
<http://ucanr.org/eatsmart>

Or

Make checks payable to:
UC Regents
2156 Sierra Way Suite C
San Luis Obispo, CA 93401

Name: _____

Agency /Group Name: _____

Address: _____

City: _____

Zip code: _____

Phone: _____

Email: _____



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University of California and
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