



Fall 2017 Parent Workshops - FREE
Creating Healthy Schools: What Parents Need to Know
How to Help Students Eat Better and Move More

Dates & Locations |

Ridgway – Tuesday, September 19 – Ouray County 4-H Center

Durango - Wednesday, September 20 - Durango Public Library

Cortez - Thursday, September 21 - Cortez Rec Center
9:00 am – 3:00 pm

Registration is required. Register at:

<http://www.actionforhealthykids.org/SW-Colorado-Workshops>>

We have funds for sub pay reimbursement and childcare for parents.

The program will focus on school nutrition topics in the morning and physical activity in the afternoon with a networking opportunity at lunch.

The workshop goals are to build awareness about the importance of healthy school environments and to give parents and families the information, tools and resources they need to partner with their schools to create healthy school communities.

Kids who eat better and move more have fewer absences, higher academic achievement and self-esteem, and are more likely to graduate from high school. Join us to learn how parents and families can work together with school leaders, teachers, and food service staff to create a healthier school food and physical activity culture. Get your questions answered by school nutrition professionals and physical activity specialists.

*Best,
Bevin*

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"We will be known forever by the tracks we leave." --- Dakota proverb

*Bevin L. Barber-Campbell
SW Colorado Event Coordinator
Action for Healthy Kids*

