



## Register Now for a Child Care Nutrition & Physical Activity Forum!

The California Department of Education is offering statewide Child Care Nutrition & Physical Activity Forums (NPA). Each forum will highlight and demonstrate methods for integrating nutrition education, edible gardens, wellness policies, and physical activity into child care center classrooms and day care homes.

### Participants:

Participants will learn ways to create learning environments that maximize opportunities for children to develop healthy eating habits and to move their bodies to learn. All attendees will leave having received a variety of tools and resources that can immediately be utilized in the day care home or child care center classroom

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| Sacramento County | Saturday, March 3, 2018 | National University<br>10901 Gold Center Drive.<br>Suite 101 Rancho Cordova, CA 95670<br>1-800-770-6339 | <a href="https://www.eventbrite.com/e/child-care-nutrition-physical-activity-forum-sacramento-registration-36939128929">https://www.eventbrite.com/e/child-care-nutrition-physical-activity-forum-sacramento-registration-36939128929</a> |
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*Forum begins at 8:00 a.m. and ends at 4:30 p.m.*

### Cost

The cost to attend the forum is \$25 and includes morning snacks, lunch, a printed Certificate of Completion, and a tote bag filled with nutrition and garden curricula, nutrition-related books for children, and physical activity music and props.

### Professional Growth Hours

The forums offer 7.5 professional growth hours which will help teachers renew their Child Development Permit.

### Contact:

For information about the forum program agenda, help with online registration, sending a replacement, or canceling, please contact Maria Lazaro by email at [mlazaro@wested.org](mailto:mlazaro@wested.org) or by phone at 805-465-4464 or 800-770-6339.