



**Chilliwack
Community
Services**

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APPETITE TO PLAY

Saturday October 21

9:00 AM—12:00 PM



The ***Appetite to Play*** interactive workshop for early childhood providers will enhance knowledge, skills and confidence in creating early years settings (childcare centres, family based childcare, preschool and parent participation programs) that support healthy eating, physical activity, food and physical literacy to promote healthy child development. Early childhood (0-5) is a critical time for setting the stage for lifelong healthy behaviours. During this workshop recommended practices, planning tools, tips and ideas, recipes, games and activities will be shared and practiced. Participants will receive a booklet to help them get started and an overview of the Appetite to Play online resources.

Call Nicole at 604.847.2237 to reserve your spot now!

\$5 for members, \$15 for non-members