

I am **moving** 
I am **learning**

September 23rd,
Grand Junction

September 25th,
Frisco

October 7th
Colorado Springs

**Attendees
will receive:**

- A large binder of materials and resources
- 7 Education Credits for attending
- New ideas to promote quality physical activity and healthy nutrition ideas in the classroom
- Strategies to integrate physical movement into center's daily routine

[Register Here Online](#)

You are welcome to bring snacks; there will be lunch break.

Dress comfortably for training movement activities.

Questions?

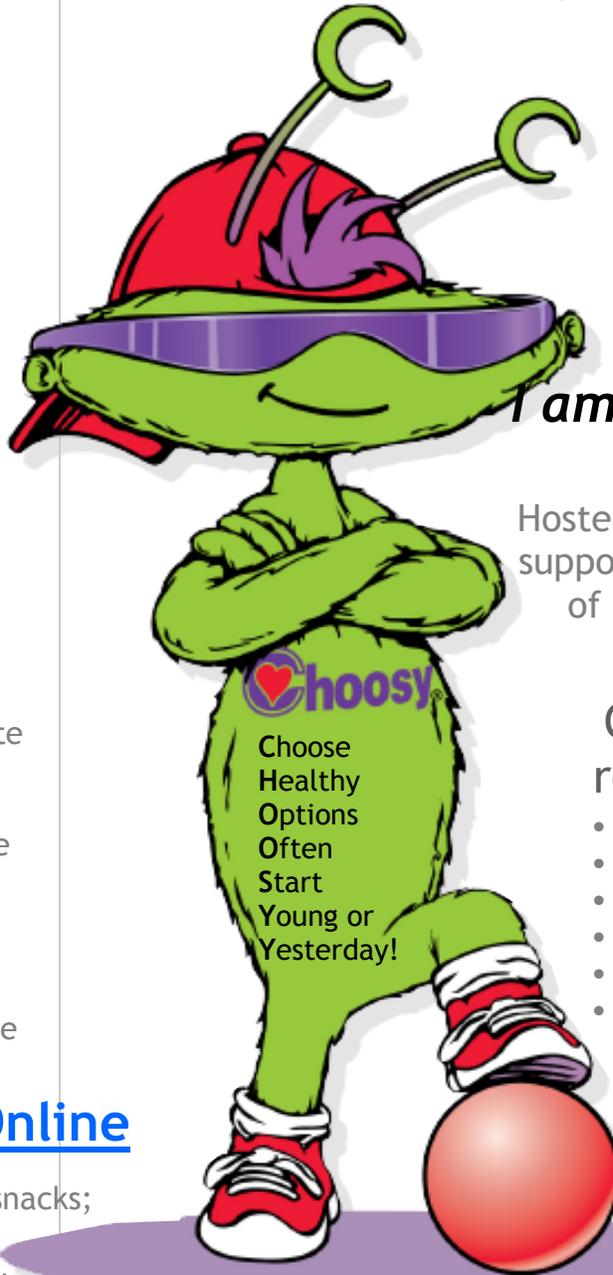
Contact Kim Wolff

kwolff@qualistar.org



Get your children

Moving!



Promote good health
in your classrooms!

**Join us for a FREE
I am Moving, I am Learning
training**

Hosted by Healthy Child Care Colorado,
supported by The Colorado Department
of Public Health and Environment

**Children who play
regularly:**

- Become fitter and leaner
- Develop stronger immune systems
- Have more active imaginations
- Have lower stress levels
- Play more creativity
- Have greater respect for themselves

I am Moving, I am Learning (IMIL) is a successful program created for and used by Head Start agencies nationwide. It stresses the mind-body connection and the relationship between physical fitness and early learning. It is a pro-active approach for addressing Colorado's childhood obesity problem.

Seeking Colorado Shines quality improvement points?

You can earn one point by incorporating IMIL's structured physical activity into your lesson plans and/or classroom schedule.