



GoFar Childcare

A training series for all Early Childhood Professionals
Healthy Living in Cass & Clay Counties

Making a commitment to a healthy lifestyle is more important now than ever.

GoFar Childcare is a bold, new approach to directly addressing our children's growing health crisis. You are invited to join our community in an innovative program designed to increase children's health through hands-on learning and fun. Register now to be a part of these engaging activities in our community. Make this commitment together as a childcare program and **GoFar in 2010!**

GoFar Shakers

Want to increase physical activity and wellness in your child care program? Want to have a chance to gain some free resources to help you on your journey? Join this Healthy Living Training Series and experience how easy and exciting this can be!

1. Attend **2 or 3** training sessions in the Healthy Living Training Series:

- 1. Let's Get Movin':** Easy and fun ways to incorporate movement and physical activity into your child care setting. **November 5, 2009** at Atonement Lutheran Church in Fargo from 7 to 9pm.
- Tastes Great!** Healthy nutrition practices to implement with your children. **February 1, 2010** at Atonement Lutheran Church in Fargo from 7 to 9pm.
- The Wonders of the Great Outdoors:** New ideas for outdoor experiences with children. **April 5, 2010** at YMCA West in Fargo from 7 to 9pm.

2. Participate in the GoFar Childcare program. Completing 80% of the required activities daily

Incentives for participation include **t-shirts** for providers and children, a **party at TNT Kid's Fitness** and other **training incentives** at each session

Cost is **\$15.00** per 2 hour training session. Attendance at two sessions is required.

GoFar Movers

Are you ready to make a permanent change in your childcare's wellness? With this program you will learn, implement and document healthy activities. Participate in this training opportunity and engage yourself and the children you care for in a healthier lifestyle!

1. Attend **all 3** training sessions in the Healthy Living Training Series:

2. Participate in the GoFar Childcare program. Completing 80% of the required activities daily

3. Participate in an electronic community of learners via a blog site to share ideas with other participants. (Required)

Each participant that completes this level of the program will receive a **FREE 4' x 4' garden box, trellis and soil** in addition to incentives provided for the "shakers" group

Cost is **\$50.00** for the "movers" program. Twenty training hours will be awarded for completing the program.

To register go to www.ndchildcare.org or return registration form to:

Lakes & Prairies CCR&R
715 11th St N, Suite 402
Moorhead, MN 56560
Call 218-299-7325 with questions

Circle GoFar option: **Shakers** must attend at least 2 of the trainings

Movers must attend all 3 trainings

Check GoFar Training options: Let's Get Movin' Tastes Great! The Wonders of the Great Outdoors

Name _____ Address _____

City/State/Zip _____ Email _____

Last five of Social _____ Phone Number _____

Provider Type: Family Group SACC Preschool Headstart Center _____

Please include fee: \$30.00 Shaker with two classes, \$45.00 Shaker with three classes, \$50.00 Mover with three classes

