

ALPHABET SOUP IN MOTION

Facilitator Certification

Bookmates Alphabet Soup in Motion is a six-week program developed for parents (caregivers) and their preschool children ages 2 to 5 years. This program is focuses on active play, literacy and family eating principles over six weekly sessions. Together parents and children will participate in active rhymes, songs and activities. These activities range from sharing books together to yoga poses, body movement, and creating and eating snacks together. Families will enjoy time together and then time apart as they then engage in adult activities and child activities.

When: April 14 & 15, 2014

Where: Carman United Church 134 – 1st St. SW Carman, MB

Time: 10:00 a.m. – 4:00 p.m.

Cost: FREE Lunch included

For information contact:

Sharron Arksey, *Healthy Child Coalition*

Tel: 204-445-2326 Email: hcc.centralregion@gmail.com



Bookmates



Alphabet Soup in Motion: Facilitator Certification Registration Workshop dates: April 14-15, 2014

Name _____ Position _____

Program/Facility _____

Address _____

Business Phone _____ Fax Number _____

Home Number _____ Email _____

Registration forms may be emailed, faxed or mailed. All registrations must be received by **April 7, 2014**

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Healthy Child Coalition – Central Region

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