

WIGGLE GIGGLE & MUNCH

The Wiggle, Giggle & Munch Program is a group experience for parents and their preschoolers (ages 2-5) that promotes the importance of an active lifestyle. Parents will discover new ideas for active play, as well as discovering the joys of playing with their children. Parents also see the importance of movement skill development for their preschoolers – the development of skills such as balancing, jumping kicking and throwing.

Each session includes:

- physical activity such as games interactive songs, and dancing
- a series of activities designed to help children develop specific movement skills
- a healthy snack
- helpful messages about physical activity and healthy eating
- activities for parents and preschoolers to do together



Wiggle Giggle & Munch is currently offered or has recently been offered by:

Altona and Area Family Resource Group – Lisa Gagne, Coordinator. Box 473 Altona, MB R0G 1K0

Telephone 204-324-2352. Email aafrfc@ahc.rha-central.mb.ca

Carman Family Resource Centre – Michelle Bergsma Box 124 Carman, MB R0G 0J0 Telephone 204-745-5571 Email carfrfc@mymts.net

Elm Creek Stay & Play Discover & Learn – Jodi Enns Box 234 Elm Creek, MB R0G 0N0 Telephone 204-436-2254

Macdonald Healthy Child Inc. – Shauna Hewitt Box 211 Sanford, MB R0G 2J0 Telephone 204-736-3465 Email shaunahewitt@mts.net

Manitou Parent Child Resource Centre – Jennifer Long Box 692 Manitou, MB R0G 1G0 Telephone 204-242-2652 Email mprc@mts.net

Miami Children's Facility – Kelly Unrau, Acting Executive Director, Box 114 Miami, MB R0G 1H0 Telephone 204-435-2725. Email miamicf@mts.net

Morden Parent & Child Resource Centre – Karen Vandijk 200-30 Stephen Street Morden, MB R6M 2G3 Telephone 204-822-1231 Email kvandijk@westernsd.mb.ca

Red River Valley Parent Child Centre Inc. – Cheryl Crick Box 1005 Morris, MB R0G 1K0 Telephone 204-746-2410 Email scrick@mts.net

St. Claude Children's Centre – Yvette Lacroix Box 219 St. Claude, MB R0G 1Z0, Telephone 204-379-2908. Email stchild@mts.net

White Horse Plain Healthy Child Committee Inc. – Ginette Dyck, Box 25 Elie, MB R0H 0H0 Telephone 204-736-3465 Email colourchik@yahoo.ca

Winkler Family Resource Centre - Julia Dueck Phone 204-332-9418 Email winklerfrfc@gmail.com

Youth for Christ (Portage la Prairie) – Jim Ritskes 60 Tupper Street N. Portage la Prairie, MB R1N 1W8 Telephone 204-239-6763 Email jimr@yfc.ca