



1020 Washington St. N, Twin Falls, Idaho  
(208) 737-5900 [phd5.idaho.gov](http://phd5.idaho.gov)

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**MEDIA ALERT**

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**SCPHD Hosts Let's Move! Child Care Training Workshops for Daycare Providers**

TWIN FALLS-South Central Public Health District (SCPHD) is pleased to announce the hosting of a FREE Let's Move! Child Care Training workshop. The Let's Move training is designed especially for daycare providers who want to learn how to incorporate healthy nutrition and physical activity into their daycare programs.

The trainings will take place at the SCPHD Twin Falls office at 1020 Washington St. N (on the CSI college campus) on Saturday, February 7 and Saturday, March 7 from 9 a.m. to 4 p.m. Providers must commit to attending both workshops. Upon completion, providers will be ready to guide children in their care towards better health through healthy nutrition, increased physical activity, and limited screen time.

Lunch will be provided at both workshops. Space is limited to two people per daycare facility, preferably a director and a staff member. The registration deadline is January 29. Providers can register by calling 1-208-283-0109 or 1-208-860-6344 or at [www.idahoeyc.org](http://www.idahoeyc.org). The workshops are a partnership between SCPHD, Idaho Physical Activity and Nutrition Program, the Idaho Association for the Education of Young Children, and Idaho Stars.

More information on the workshops can also be found at [phd5.idaho.gov](http://phd5.idaho.gov).

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