



1020 Washington St. N, Twin Falls, Idaho
(208) 737-5900 phd5.idaho.gov

February 26, 2015

MEDIA ALERT

Contact: Susie Beem, Health Education Specialist 737-5946

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

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

The workshops will take place in Rupert at Minidoka Memorial Hospital located at 1224 8th Street (use the main hospital entrance) on Saturday, March 14 and Saturday, April 11 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 and 14 free credit hours can be obtained. Space is limited to two people per daycare facility, preferably a director and a staff member. The registration deadline is March 6. Providers can register by calling 1-208-283-0109 or 1-208-860-6344 or at 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.

###