

★ August 21 ★

Add Active Play to Your Day ★

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Active Play Workshop:
Learn Fun Physical Activities for
Young Children ★

Learn fun, inclusive, developmentally appropriate physical activities that use inexpensive equipment, small spaces, and work well in homes, child care centers and preschool classrooms. View videos of 2-5 year olds engaged in these fun activities and try a few, too!

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Childhood Obesity is one of the Most
Prevalent Health Concerns Facing
Children Under 5 in NY State ★

You can make a difference as children develop habits in their first 5 years of life by adding active play to the day. This 3-hour workshop is brought to you by the *New York State Head Start - Council on Children and Families* and the *Capital District Child Care Council*.

Presented by: Diane H. Craft, Ph.D., a professor of physical education at SUNY Cortland. She has co-authored four books on developmentally appropriate, inclusive physical activity for young children including *Active Play! Fun Physical Activities for Young Children*.

Audience: Group/Family, Center, School-age, Home Visitors, UPK, Head Start, Nursery School Teachers and Administrators.

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To Register:

Visit cdcccc.org/events/events.cfm
or call 426-7181 Ext 327

Date: Thursday, August 21

Time: 9:00 am - 12:00 pm

Location:

Pineview Preschool

251 Washington Avenue Ext,
Albany NY 12205

Training hours: 3

CEU: 0.3

Workshop ID# 5377

Cost: Free!



Capital District
Child Care
Council

