

Arizona Department of Health Services
Bureau of Nutrition and Physical Activity presents...

**EMPOWERING HABITS, EMPOWERING LIVES...
UNLEASHING YOUR INNER SUPERHERO FOR HEALTH!**

(Free Train the Trainer Workshop for Childcare Providers)

Come spend the day with the ADHS Super Hero Squad as we “Hero Up” to energize the classroom with nutrition and physical activities that build a healthier tomorrow.

Saturday, February 25th 2012

8:00 am – 3:00 pm (4.5 Training Hours)

Bonus Session 3:00 – 5:00*(1.5 Training Hours)

**Desert Willow Conference Center
4340 East Cotton Center Boulevard
Phoenix, AZ 85040**

To Register or for more information:

https://www.surveymonkey.com/s/EmpoweringHabits_EmpoweringLives

Sessions will focus on the EMPOWER Standards related to Nutrition and Physical Activity! By the end of the day, Superhero’s for Health will have:

- The ability to transform the Empower Standards into fun, interactive classes;
- A better understanding of the powers they possess; and
- The tools they need to unleash inner Super Heroes for Health in their centers and community.

***Bonus Session:**

Unleashing the power of the Breastfeeding SuperDuo!

This session will focus on giving you the tools that staff needs to support breastfeeding from pregnancy and beyond.

Questions or Comments?

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