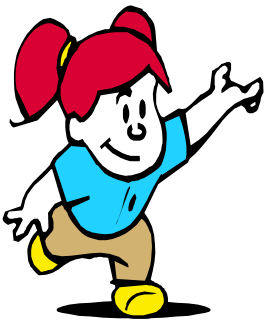


Shake, Rattle & Roll

**A Physical Activity Program for
Preschoolers and their Families**

1-Day Training Session



**Sunrise Educational Centre
344 - 2nd Street North
Beausejour
Tuesday, February 28th, 2012
10 am - 3pm**

**** There is NO PRE-REQUISITE required
to participate in this training!****

For more information or to register contact:

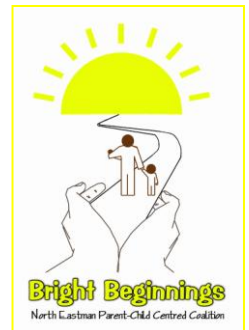
Wendy Cooper 866-3258

bbcoordinator@mts.net

****Registration in advance is required****

****Space is Limited!****

Proudly Sponsored By:
Bright Beginnings
North Eastman Parent Child Coalition



****Lunch Provided**

Shake, Rattle & Roll

Description:

Shake, Rattle & Roll is a parent-child physical activity program for toddlers, ages 2 to 4, and their parents/caregivers.

The **Shake, Rattle & Roll** program encourages early movement and co-ordination using simple songs, large and small apparatus and hand-held equipment.

Participants completing the training day will receive the teaching guide & lesson plans as well as information on how to establish a program in their communities. Trained facilitators will be able to offer this program to toddlers and their families right away!

This program is ideal for people working with children and parents/caregivers. It is highly flexible and can also be used in a childcare setting. For more information, visit <http://www.shakerattleandroll.ca>.

Upon completion of this training, those certified are then able to borrow a complete **lending kit** from Bright Beginnings for use in their community.

This is a **one-day training** from **10 am to 3 pm**.

This workshop is offered **FREE** to those living and/or working the North Eastman region who work with families and young children.

The majority of time in this workshop, we will be participating in gym activities. We recommend you **wear comfortable clothing & running shoes**.

Due to lack of space, we are unable to provide childcare at this event.

There is no pre-requisite required to participate in this training opportunity!

Please note: Winter weather can make travel unsafe at times. If schools are closed and/or buses are not running in the Sunrise School Division on this date, the training session will be cancelled. Updates are available on CJOB 680 by 7am that morning.

Maximum enrollment is 16 participants.

Space is available on a first come – first served basis.

Morning snacks and lunch will be provided.



Registration Shake Rattle & Roll Facilitator Workshop - Tuesday, February 28th, 2012

Registration Deadline: February 10th, 2012

NAME: _____

ORGANIZATION: _____

COMMUNITY SERVED: _____

DIETARY CONCERNS (IF ANY): _____

WORK PHONE #: _____ **ALTERNATE CONTACT PHONE #:** _____
(REQUIRED IN THE EVENT THIS WORKSHOP IS CANCELLED)

FAX # _____ **EMAIL:** _____

FAX OR EMAIL REGISTRATION TO:
WENDY COOPER
BRIGHT BEGINNINGS
NORTH EASTMAN PARENT CHILD COALITION

FAX# (204)866-3258
EMAILTO:BBCOORDINATOR@MTS.NET