



## Welcoming all after-school programs

Helping children to eat well, be active and feel good!



### Ottawa Public Health is providing free training sessions that cover:

- ✓ Info about healthy eating and physical activity for children
- ✓ Healthy Eating and Active Living Guidelines for After-School programs
- ✓ I Love to Cook and Play Program



### I Love to Cook and Play Program Includes:

- ✓ Learning Topics
- ✓ Hands-On Activities
- ✓ Healthy Recipes
- ✓ Active Games & much more!

**Sign up for the training sessions by clicking the link or by contacting Emily**

[October 19<sup>th</sup>, 2016 \(English\)](#)

9am-12pm @ Sandy Hill Community Centre

[October 20<sup>th</sup>, 2016 \(French\)](#)

9am-12pm @ Sandy Hill Community Centre

[October 25<sup>th</sup>, 2016 \(English\)](#)

9am-12pm @ Nepean Museum

### For more information:

Contact Emily Spencer

613-580-6744 Ext. 13739

Or

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