



Northumberland Families on the Move

... taking action for our children!

Friday, May 4, 2018 (7:00—9:00 pm)

Parents and caregivers are invited to join physical literacy expert, **Dr. Dean Kriellaars**, to hear how to help build more confident and competent physically active kids! **Children** are invited to come along to join in and participate in fun activities while the parents listen to Dr. Kriellaars. Each family will leave with a play bin to continue the journey at home.

Saturday, May 5, 2018 (9:00—2:30 pm) *lunch provided

Educators, coaches, and interested community members are invited to join physical literacy expert, **Dr. Dean Kriellaars**, as he discusses the importance of ensuring that all children are given equal opportunities in multiple environments to develop the confidence and competency needed to stay active for life. Dr. Kriellaars will present the research as well as practical tips to implement physical literate activities in all environments. Participants will then have the opportunity to attend 2 out of over 20 different break out sessions to further their learning.

Learning to move is as important as reading and writing skills, and the ability to work with numbers.” ~ Dr. Dean Kriellaars

Both of these **FREE** sessions will take place at Cobourg Collegiate Institute, 335 King St. E. For more information and registration: www.northumberlandsportscouncil.ca/training



These sessions are brought to you by:

