

# Gawler, Barossa & Northern Metro PHYSICAL ACTIVITY SEMINAR

**FREE!**

**Attn: EDUCATORS & CARERS OF 0-5 Year olds**

Want interactive ideas for physical activity and healthy eating in early childhood settings, home environment and the community?

- ~ Explore the evidence underpinning the recently released 0-5 year old National Physical Activity Recommendations
- ~ Practical strategies that offer relevant opportunities to promote active and healthy living in the community and homes
- ~ Identify ways to apply the 0-5 y.o. national physical activity recommendations/guidelines within your setting/home environment
- ~ Resources/Websites – explore useful websites & resources to support active & healthy living (eg. Go for 2&5)-You will also be provided with a resource goodie bag to implement new ideas
- ~ Food labeling - understanding and interpreting food labels, tips for healthy eating
- ~ Choice of sessions to ensure relevance & support for your background

## Target Groups

This seminar will be most relevant for you if you are involved with 0-5 year olds specifically:

Educators

Parents

Health Professionals

Family health nurses

Hospitals workers

Library workers

Early Childhood consultants

Community development coordinators

Occupational Therapist

Physiotherapist

**Keynote Speaker:**  
Professor Jo Salmon,  
Deakin University

**Date:** 7<sup>th</sup> July 2011

**Time:** 9.30am – 12.30pm  
(Specific session for parents,  
9.30am-10.30am)

**Venue:** Gawler  
Community Centre

**Cost:** Free  
(Supported by SA Health)



**Register your interest now!**  
a detailed program will be released shortly!

Coordinated By



Call the ACHPER (SA) Office on 8363 5700 or

email [info@achpersa.com.au](mailto:info@achpersa.com.au)

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