The Program Includes:

- Focuses on childcare provider's health

- Nutrition coaching
- Motivation to be active and healthy

- Information about helping children enjoy healthy foods
- Ideas for keeping children physically active

- Health & nutrition policy development
- Low cost education credits

Healthy **Professionals** lead to Healthy **Kids!**

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University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.
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Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity. This document can be provided in an alternative format by calling (608) 757-5696 (voice) (711 for Wisconsin Relay).

UW Extension
University of Wisconsin-Extension

Little Steps
BIG Changes

Improving the well-being of teachers and children in child care centers

Little Steps BIG Changes

is a **7** week program offered to child care providers and their staff. The classes cover both the basics of nutrition and ways to limit foods high in fat, sugar and salt in our diets. The need for increased physical activity for children and professionals is emphasized.

- 7 week program that meets for 2 hours each session
- Cost is $30 to cover a light dinner for every session (financial assistance is available)
- 14 CEU Registry hours granted upon completion

Registration for

Little Steps Big Changes

Name_____

Center_____

E-mail_____

Phone_____

I will attend sessions at

_____

Edgerton Children's Center

414 Albion St.

Edgerton, WI 53534

Wednesdays 6:00—8:00pm

April 12th — May 24th, 2017

Please send registration and $30 fee by March 31, 2017 to:

UW-Extension Rock County, 51 S. Main St., Janesville WI 53545

◊ Questions: Call 608-757-5689