

ADVOCATES FOR HEALTH IN ACTION PRESENTS



Brains and bodie**s**

A Step-by-Step Guide on How to Start A Walking Program at Your Child's School

In this interactive workshop, attendees will learn how to start a school walking program and discussing a variety of topics from Wake County resources for walking programs, funding ideas and creative ways to incorporate physical activity in the school environment. The session will finish with Q & A from parents experienced in implementing successful walking programs.

Registration is required. Please call 350-8366 or e-mail laiken@wakemed.org to reserve your place.

WORKSHOP DATE

Tuesday, March 16

10 am to noon

Poe Center for Health Education

224 Sunnybrook Road

Raleigh

www.advocatesforhealthinaction.org

