



Register for the We Can![®] Regional Train-the-Trainer Training Session Today!
Join the **We Can!** movement to help children lead healthy lives...

2011

Detroit, MI

Wednesday, September 28th 8:00am-5 pm
and
Thursday September 29th 9:00 am – 3:30 pm

Note: You must commit to both days.

If you are concerned about childhood obesity in your community, learn how to use the National Institutes of Health's **We Can!** (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition) program to help keep 8- to 13-year-olds at a healthy weight through improved food choices, increased physical activity, and reduced screen time.

It doesn't matter where you work or live. You can register to train and/or become a site today!



REGISTRATION DETAILS

Training is free!

Registration includes breakfast and lunch both days & training materials

Space is limited. Registrations are accepted on a first-come, first-served basis.

Site: **Bethany Baptist Church**

15122 West Chicago

Detroit, MI 48228

Phone number: (313) 876-0463

Questions: guzmanr@detroitmi.gov

Dress Code: Casual and comfortable dress, please.

For more information about **We Can!** go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-**WECAN**.



Your Partner in Good Health

Submit your:

Name: _____

Address: _____

City: _____ Zip Code: _____

E-mail: _____

Phone Number: _____

Organization or Group you represent: _____

Register today by phone: 313-876-4660 or 313-876-3030

or

e-mail: guzmanr@detroitmi.gov

or

Fax: 313-876-0177

{CORE SESSIONS}



We Can! Parent Program Provides participants with an overview of the **We Can! Energize Our Families: Parent Program**, fun and hands-on practical activities, and ideas on implementation, including parent recruitment.



CATCH Kids Club An afterschool program that helps educate elementary school-age children about improved nutrition and increased physical activity.



Media-Smart Youth: Eat, Think, and Be Active!® An afterschool program designed to help young people ages 11–13 become aware of how the media may influence the nutrition and physical activity choices they make



S.M.A.R.T. (Student Media Awareness to Reduce Television) An in-school curriculum designed to teach third and fourth grade children about the need to spend less time in front of the TV and computer.



SPARK An evidence based program to help increase physical activity, one of three core **We Can!** behaviors.

By registering for the training today, you will:

- Learn how to use the program's many science-based, turn-key, flexible resources to promote healthy lifestyles for parents and youth.
- See examples of successful, innovative ways that **We Can!** leaders are using the program (they'll tell you themselves).
- Learn how to create partnerships to promote childhood obesity prevention programming.
- Network with others working to prevent childhood obesity.
- Have the opportunity to sign up to join the **We Can!** movement.

We Can! Ways to Enhance Children's Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

