



# PROMOTING WELLNESS



**2 HOUR ONLINE - LEVEL 1**

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This engaging course provides practical strategies for fostering healthy habits in young children. Participants will explore ways to keep kids physically active through fun and developmentally appropriate activities. The course will also highlight the benefits of outdoor learning, offering insights into how nature enhances children's physical, emotional, and cognitive development. Additionally, participants will learn how structured mealtime routines can encourage healthy eating habits and how to collaborate with families to support lifelong wellness. Through interactive discussions and real-world applications, this course equips educators and caregivers with the tools to create a foundation for healthy living in early childhood settings.

**Thursday, April 17th**

**6:30-8:30pm CST**

**Online-Zoom**



**Questions? Contact Us**

[training@ndchildcare.org](mailto:training@ndchildcare.org)

1-800-997-8518 (Option 2)