

# I Am Moving, I Am Learning (IMIL):

## FREE Training Opportunities for Grantees!



Attend free, nation-wide IMIL trainings designed for Head Start and Early Head Start grantees.

IMIL is an innovative, research-based project that seeks to inspire educators, children, and families to make movement and healthy meals a part of their daily routines. The Office of Head Start strongly encourages grantees that have not attended IMIL trainings to participate. No enrollment fee is required. Plus, participants will receive over \$100 in **free** training materials.

These trainings support the Head Start Child Development and Early Learning Framework and provide grantees:

- Strategies and resources for infusing quality physical movement, active play, and healthy nutrition messages into daily classroom routines; and
- Strategies to promote moderate to vigorous physical activity (MVPA) and healthy nutrition messages to parents and caregivers.

Initial enrollment will be limited to grantees new to IMIL training. Thereafter, Grantees with IMIL training experience may register if space is available. Grantees are responsible for travel and per diem expenses.

For more information, contact Angella Brown at (703) 908-8869 or email [abrown@pal-tech.com](mailto:abrown@pal-tech.com).

### Upcoming Trainings By Region:

VIII: Great Falls, MT – September 12-14, 2011

VIII: Watertown, SD – September 20-22, 2011

IX: Anchorage, AK – August 9-11, 2011

### National Trainings:

Washington, DC – August 29-September 1, 2011

Chicago, IL – September 7-9, 2011

Fort Lauderdale, FL – September 13-15, 2011

National Trainings (for those unable to attend regional trainings)

