



Register Today!

We Can!™ Training

**Senator Inn & Spa
284 Western Avenue
Augusta, Maine**

April 8 & 9, 2010

Learn to use science-based programs and innovative approaches to help prevent childhood obesity.

Who should attend?

This training opportunity is primarily intended for those who will return to their communities and implement the programs with parents/caregivers, and 8-13 year old youth. Those whose role is more administrative and do not provide direct service may attend and are asked to bring at least one person who provides direct service to 8 through 13 year olds. Individuals who work or volunteer with after-school programs, schools, PTAs, 4-H clubs, other youth-serving organizations, public health programs, nutrition education programs, hospitals/health care systems, faith-based organizations, work-site wellness programs and park and recreation departments are encouraged to attend, as well as anyone else who wants to actively help prevent childhood obesity. The training is open to anyone who is interested, regardless of whether you plan to present the programs in-state or out-of-state.

What is We Can!?

We Can! (Ways to Enhance Children's Activity & Nutrition), developed by the National Institutes of Health (NIH), is a fast-growing national movement of families and communities coming together to promote healthy weight in children ages 8 through 13 through improved food choices, increased physical activity, and reduced screen time.

What will I learn?

- How to implement science-based programs for parents and youth:
 - **CATCH® Kids Club (Coordinated Approach to Child Health)**
An afterschool program that helps educate elementary school-age children about improved nutrition and increased physical activity.
 - **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.
 - **Media-Smart Youth: Eat, Think, 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.
 - **We Can! Energize Our Families Parent Program**
A multi-session program that covers the basics of maintaining a healthy weight.
- How other community groups have successfully implemented **We Can!** programs locally and throughout the United States.
- How to use **We Can!** resources to develop partnerships with media and others in your community.

How do I register?

- No Registration Fee
- \$48.00 prepayment for meals and refreshments
- Register by March 25, 2010.
- Space is limited. Registrations accepted on a first-come, first-served basis.
- Register online at: <http://www.wecantrainings.org>

How do I learn more?

Contact Heather Andrews: handrews@umext.maine.edu or (207) 622-7546

Visit: <http://wecan.nhlbi.nih.gov>

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If you are a person with a disability and will need any accommodations to participate in this program, please call Heather Andrews at 1-800-287-1481 (in Maine), or 207-622-7546 to discuss your needs. Please contact us at least 14 days prior to this event to assure fullest possible attention to your needs.

Eastern Maine Health Care System
Healthy Maine Partnerships
Let's Go!

Maine 21st Century Community Learning Centers
Maine Action for Healthy Kids
Maine Afterschool Network
Maine Center for Public Health

Maine Coordinated School Health Programs
Maine Dairy and Nutrition Council
Maine General Health
MaineHealth
Maine Nutrition Network
Maine PAN Program
Maine School Nutrition Program

