



Professional Development Opportunity!



The Coordinated Approach to Child Health (**CATCH**) is an evidence-based early childhood curriculum designed to nurture a love of **physical activity**, provide an introduction to classroom-based **gardening and nutrition**, and **encourage healthy eating** in children ages 3-5.



Join us for an engaging day of training, and receive a complete curriculum set (including classroom implementation materials) for your center!



Date: June 15, 2022

Time: 9:00 a.m. - 4:00 p.m.

Where: Middlesex Community College

Cost: *Free!*

[For Eligibility and Registration, Click Here!](#)

Each **CATCH** child care center will receive:

- One day of training for up to two staff members
- Tools and materials to implement this program center-wide (physical and digital)
- Convenient and flexible lesson plans and sample schedules
- Over 400 moderate-to-vigorous physical activity cards and relaxation exercises
- A music CD that keeps the class motivated, moving, and having fun
- Parent tip sheets to send home and encourage family involvement
- A technical assistance provider to assist you as needed after the training
- **Over \$150 worth of nutrition and physical activity resources for each classroom for each year the curriculum is implemented!**

CATCH kids receive:

- Games and activities that foster a love of movement
- The opportunity to refine developing locomotor, non-locomotor and manipulative skills
- Knowledge to identify basic healthy food choices
- Music to sing and dance along to
- Hands-on gardening experiments
- Snack activities for hungry bellies

Space is limited!

**Contact Jen Vinci for
more information!**

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This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP helps low income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1- (855) 626-6632 or WWW.CT.gov/dss. USDA does not endorse any products, services, or organizations. Provided by Department of Public Health. This institution is an equal opportunity provider.