



## Healthy Kids Challenge: A Workshop for Libraries

*Fun with Reading, Smart Eating, and Moving*

Thursday, September 16, 2010, 9:30 am – 3:00 pm  
Jay Johnson Public Library, 411 Main, Quinter, KS 67752

Healthy Kids Challenge (HKC) is a Kansas-based nonprofit organization helping kids eat better and exercise more. Toolkits, resources and training from HKC will show how to effectively integrate these healthy practices with children's library programs and make it simple to extend Kansas Reads to Preschoolers' healthy eating and activity messages throughout the year.

This free workshop, which will be held in different locations across the state, is an ideal lead-up to the Sixth Annual Kansas Reads to Preschoolers Week, Nov. 14-20, 2010, which will focus on food and nutrition. *Up, Down and Around* by Katherine Ayres is this year's selection. Libraries across the state will plan special displays of food and nutrition-related books, schedule activities, organize pre-school story hours and invite participation by various food and nutrition professionals.

Your workshop presenter is **Vickie L. James**, a Registered and Licensed Dietitian, and the Director of Healthy Kids Challenge. Vickie is an American Dietetic Association National Award Recipient for Excellence in Community Dietetics, and a dynamic and creative speaker. She makes learning about nutrition and physical activity fun.



Thanks to a grant from the United Methodist Ministry Health Fund, children's librarians across Kansas can participate in the Healthy Kids Challenge, a day of training to support library programs targeting preschool to third graders and their families. The workshop provides fun, interactive activities centered on reading, healthy eating and physical activity. You can pick from a host of ideas that will work best for your library and your community!

Health Kids Challenge  
Registration Deadline September 13, 2010

Name: \_\_\_\_\_

Library: \_\_\_\_\_

For any question, concerns, or registrations contact George Seamon, Assistant Director, at 785-877-5148 or email [nwcls@ruraltel.net](mailto:nwcls@ruraltel.net). Librarians can also register at <http://www.nwcls.org>.