



## Healthy Starts in Early Childhood Care and Education Training Series Dates

made possible with support from the Blue Cross and Blue Shield of North Carolina Foundation

The *Healthy Starts in Early Childhood Care and Education Training Series* is a 10-hour, online professional development opportunity designed for early educators interested in learning practical strategies and gaining access to resources to increase their knowledge, skills and confidence in creating learning environments that promote healthy practices for young children and role modeling best practices for the children in their care. Designed by leading experts in the fields of health, nutrition, physical activity and outdoor environmental design, this series is a training component of the *Shape NC: Healthy Starts for Young Children*, an initiative of the Blue Cross and Blue Shield of North Carolina Foundation.

### Series Timeline

<u>Dates</u>	<u>Modules</u>
February 12 – 26, 2013	Module 1 - Introduction Module 2 - Overview of Obesity
February 27 – March 14	Module 3 - Physical Activity & Play
March 15 – March 28	Module 4 - Nutrition & Healthy Eating
March 29 – April 13	Module 5 - Outdoor Learning Environments
April 14 – April 28	Module 6 - Personal Wellness
April 29 – May 4	Module 7 - Review, Summary & Evaluation (*Final assignment due no later than May 7, 2013)
May 15 – 22, 2013	CEU certificates issued

\*No makeup dates are available for this series.