

Choose Health LA

Child Care

We are inviting **child care givers** to a workshop designed especially for YOU! If you are interested, please contact the

Options

Resource and Referral Department

At:

(626) 856-5900
Ext. 149

A healthy life starts with you.

This workshop is designed to improve the nutrition and physical activity environment in child care settings to support the healthy growth and development of children.

This countywide project offers:

- Tips to keep children healthy, growing and learning
- Ideas for making nutritious food AND ways to keep children active
- Exciting educational materials to share with parents and children
- One-on-one coaching and training is also available

Made possible with funding by First 5 LA through the Los Angeles County Department of Public Health

To view a calendar of trainings for Early Educators throughout Los Angeles County,

[CLICK HERE](#)

Child Care Alliance Of Los Angeles

