

ROOTED IN WELLNESS: GARDENING WITH YOUNG CHILDREN SERIES

Join us for traveling Rooted in Wellness! We will cover topics such as the importance of outdoor play, risk-taking, mindful eating practices & garden design specific to Early Childhood programs. Plan to attend all three engaging & interactive sessions.

Where: *Each session will be at a different location. When registering, locations will be noted.*

Space is limited, register early. A light dinner will be provided.

Questions: contact Trish Nelson at Trician@guilfordchildren.org



Session #1 March 5, 2020, 6:30 pm-8:30 pm (Greensboro)
Session #2 March 12, 2020 6:30 pm-8:30 pm (High Point)
Session #3 March 19, 2020, 6:30 pm-8:30 pm (Greensboro)



Why: Healthy starts are very important! Early Childhood Educators have an opportunity to help children know where their food comes from and have fun learning in the process all while developing healthy habits through concrete experiences.



Register on-line at:
<https://www.guilfordchildren.org/rooted-in-wellness-registration-form/>

Sponsored by the Guiding Healthy Behaviors in Early Childhood Team and our partners with Guilford County Cooperative Extension and Greensboro Children's Museum. Please note this event is *free* and open to all Child Care programs located within Guilford County. DCDEE Credit will be awarded for your participation.