



## Power of Play Workshop

Providing Healthy Physical Activity  
In Afterschool Programs

Friday, February 5, 2010

9:00am -12:30pm

Event will be held at  
Mid-Peninsula Boys & Girls Club

200 North Quebec Street,  
San Mateo

*Free to all afterschool staff  
in San Mateo County*

*\*Breakfast provided*

RSVP by January 29th

Contact Kathy Reyes

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### Playworks presents *The Power of Play:*

- Tools for improving healthy play, particularly among inactive kids
- Create a fun, inclusive, non-competitive physical activity environment
- Comply with the Ca. Dept. of Education Afterschool Physical Activity Guidelines
- Network with other youth development professionals in San Mateo County

What is Playworks? Playworks (formerly Sports4Kids) is a nationally-acclaimed non-profit organization that has championed safe, healthy, inclusive play and physical activity for youth. Go to [www.playworksusa.org](http://www.playworksusa.org) for more information.

What should I bring? Your enthusiasm, comfortable clothes and shoes.



**Get Healthy** San Mateo County  
Task Force

