



Want to affect children's attitudes and behaviors toward nutrition and physical activity?

Join us for **CATCH**

Coordinated Approach to Child Health

Tuesday, February 9, 2010

8:30am – 3:30pm

AtlantiCare Life Center Community Room
2500 English Creek Avenue
Egg Harbor Township, NJ 08234

What is CATCH?

The CATCH Program is based on the Centers for Disease Control and Prevention's Coordinated School Health model, which interactively educates young people about and provides support for a healthful lifestyle. Key areas addressed include health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement.

4 CATCH Components:

- CATCH PE – Physical Education
- Eat Smart – Child Nutrition
- Go for Health – Classroom
- Home Team – Family

Who should attend?

Classroom Teachers, PE Teachers, Cafeteria Managers, Administrators and School Nurses

Participants will be engaging in moderate physical activity and should wear comfortable clothing and footwear.

Fee: \$35/person; \$25/Healthy Schools Member

Lunch will be provided

Recommended that at least two members per school/district attend



To register, please call the AtlantiCare Access Center
1-888-569-1000