Join First Up and the Philadelphia Department of Public Health to Inspire Physical Activity and Health!

Announcing a spring series of professional development sessions on the following Tuesdays in May & June! Pre-register on the PA Keys Registry for one session or the series all from 1:00-3:00pm:

**Let’s Get Moving (Part 1) - May 11th & June 8th**
Highlights include…Learning about different types of physical activity and benefits to both children’s and our own health, and recommendations from the Philadelphia Board of Health!

**Let’s Get Moving (Part 2) - May 18th & June 15th**
Highlights include…A look at physical activity indoors, outdoors and across curriculum!

**Let’s Get Moving (Part 3) - May 25th & June 22nd**
Highlights include…A dive into hydration and nutrition!

During each 2-hour session look for…
- Active movement breaks and songs
- Self-care and mindfulness check-ins
- $25 gift card raffle

Join the **May** session(s) on Zoom [here](#).
Join the **June** session(s) on Zoom [here](#).

PQAS and ACT 48 credit hours available!

Contact Ashley Haneiko, [ashley.haneiko@firstup.org](mailto:ashley.haneiko@firstup.org), with questions or for assistance.