

First Up

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!



Department of
Public Health

CITY OF PHILADELPHIA

Contact Ashley Haneiko, ashley.haneiko@firstup.org,
with questions or for assistance.