



## **What is Physical Literacy?**

### **Why is it important to Lifelong Physical Activity and Health?**

### **How can parents, teachers, and community leaders get involved?**

On Thursday April 9th, 2015 6:30 pm at the College of the Rockies – Room 250 COTR & ViaSport will introduce “Physical Literacy” for parents, leaders and others who work closely with children and youth. This free session will provide an overview of physical literacy and the importance it has on developing healthy and active communities. Through examples of best practices, demonstrations of games and a connection to free resources, individuals will gain knowledge and skills allowing them to be more equipped with ensuring families and community members are able to play 'in the game'.