



**Georgia Dept  
of Early Care  
and Learning**

BRIGHT FROM THE START



August 24, 2023

Join DECAL's Nutrition Division in Albany, Georgia, on Saturday, September 23, 2023, from 9:00 am to 4:00 pm for a Physical Activity Learning Session (PALS) training designed for Early Care and Education (ECE) providers serving 0-5 year-olds.

Upon completion of the PALS training, participants will receive **six (6)** state-approved hours.

- **Please click [here](#) to register for the training.**

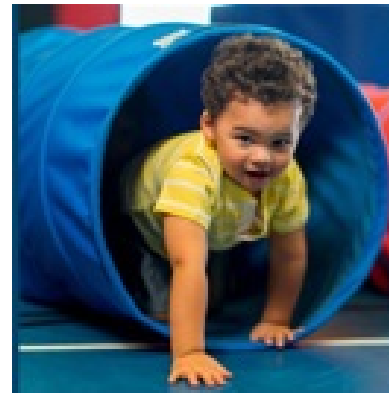
## What is PALS?

PALS is a series of learning sessions focused on physical activity. PALS sessions examine eight best practices areas for physical activity and address the challenges early care and education (ECE) professionals face in supporting active play.

## What will I learn in the PALS sessions?

The PALS sessions will help you use best practices throughout your day to give children the best physical activity experiences. PALS content includes:

- How to support physical development in young children
- Your role as an ECE professional
- How to communicate with families about the best practices for physical activity
- Ideas for active play throughout the day in your ECE setting
- Group discussions to network with and learn



from peers

Get ready for a fun-filled day with movement and learning!

Questions? Contact Tina McLaren, MPH Physical Activity Specialist at [Tina.McLaren@decal.ga.gov](mailto:Tina.McLaren@decal.ga.gov).

Regards,

Nutrition Services

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*Together, we can help feed Georgia's Children & Adults.*

***This institution is an equal opportunity provider.***

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Bright from the Start:GA Dept of Early Care & Learning | 2 MLK Jr. Drive, Atlanta, GA 30334

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