



5-4-3-2-1 Go!® Message Training

Tuesday, April 28, 2015

10:00 a.m. – 1:00 p.m.

McCormick Tribune YMCA

1834 N. Lawndale, Chicago

Please join us for a training on *5-4-3-2-1 Go!*, a healthy lifestyle message for children and families developed by the Consortium to Lower Obesity in Chicago Children (CLOCC). This message and the individual recommendations are based on the most current evidence available on the best choices children and families can make to promote healthy eating and physical activity.

This free training will include:

- Background information on the issue of childhood obesity
- Information about the creation and dissemination of *5-4-3-2-1 Go!*
- Strategies to incorporate the message in your programming
- Brainstorming and idea sharing with other community-based organizations

Space is limited, so reservations are required.

RSVP to Elizabeth Strain at estrain@luriechildrens.org or (312) 227-7046 by Friday, April 24th.

Light refreshments will be provided and each attendee will receive materials that promote *5-4-3-2-1 Go!*