

## Benefits to Your Agency and Community

- ★ Participants will have the opportunity to learn about activities occurring at other agencies in South San Diego County to facilitate networking and collaboration
- ★ Participants will learn about:
  - The Relationship Between Obesity and Physical Activity
  - How to Develop Physical Activity Programs
  - Community Resources
  - Promoting Healthy Eating Habits
  - How to Make Physical Activity Fun for the Whole Family!
  - How the Environment Impacts Physical Activity
- ★ As a team, agencies will identify approaches and develop an action plan for promoting physical activity in their community

### For more information:

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## San Diego Prevention Research Center



presents

### 1<sup>st</sup> Annual SDPRC Conference: *Promoting Physical Activity in the Latino Community*

May 11-12, 2006  
Doubletree Hotel San Diego Mission Valley  
San Diego, California

*Sponsored by San Diego State University,  
University of California, San Diego, and San Ysidro  
Health Center with funding from the Centers for  
Disease Control and Prevention*

## Training Overview

The San Diego Prevention Research Center (SDPRC), a five-year project funded by the Centers for Disease Control and Prevention, is conducting a training for selected health agencies, community organizations, and schools in South San Diego County. The training is designed to increase understanding of physical activity and its relationship to the obesity epidemic and how to promote physical activity in the Latino community.

The training also aims to promote and enhance collaborative working relationships within and among those agencies in attendance. The program agenda includes informational and skill building sessions as well as interactive workshops that focus on developing action plans and resource sharing.

Attendance at the training is by invitation and will bring together agency administrators, health educators, promotoras, school personnel, and public health nurses. Sessions will be conducted primarily in English, but translation services will be available.

## What You Will Receive

There is no charge to attend the training. The SDPRC will provide participants with the following:

- Breakfast and lunch for two days
- Evening reception on Thursday May 11
- Parking is FREE at the Doubletree Hotel

## The Team Concept

Invited agencies, organizations, and schools are being asked to assemble a team of staff members (at least 3) who will work together to advocate and promote physical activity programs for the Latino Community. We recommend comprising a team with the following representatives from your organization:

- Agency Administrators
- Health Educators
- Promotoras
- Nurses
- Teachers
- Program Managers/Coordinators
- Social Workers
- Advisory Board Members

## The Registration Process

We ask that you begin the registration process as soon as possible and follow this timeline for submitting materials:

**March 27:** Team leaders to return enclosed team form identifying team members who will attend the 2-day training.

**April 7:** All invited participants will receive mailed registration forms.

**April 20:** Participant registration forms should be submitted by this date.