



# Preschools SHINE Forum Agenda

## *Shaping Healthy Impressions through Nutrition and Exercise*

### Your choices...their future

These forums are an opportunity to chart a new future and to learn how to make your early childhood programs SHINE. The forums will provide tools, resources, and ideas that you can immediately implement at your sites. You will also discuss challenges and develop solutions to promote nutrition and physical activity in your preschool program.

**Arrival/ Registration** 8:00-8:30 a.m.

**Welcome/Warm-Up/Introductions:** 8:30-8:45 a.m.  
Facilitators: **Heidi Mendenhall, Patty Kimbrell**

**Wellness Policies:** 8:45-10:15 a.m.  
Facilitator: **Jennifer McNeil**

**B R E A K** (light refreshments) 10:15-10:30 a.m.

**Breakout Session 1:** 10:30-12:10 p.m.  
**Gardens**  
Facilitator: **Carol Hillhouse or John Fisher**

**Active Bodies, Active Minds**  
Facilitator: **Patty Kimbrell**

**L U N C H** (on your own) 12:10-1:10 p.m.

**Breakout Session 2:** 1:10-2:50 p.m.

**Discovering Fruits, Vegetables, and Grains**  
Facilitator: **April Cunningham**

**Breakout Session 3:** 2:50-4:30 p.m.

**Gardens**  
Facilitator: **Carol Hillhouse or John Fisher**

**Active Bodies, Active Minds**  
Facilitator: **Patty Kimbrell**

**Summary/Closing/Evaluations:** 4:30-5:00 p.m.  
Facilitator: **Heidi Mendenhall**

*Let's SHINE with the Team California for Healthy Kids Campaign*