



## Program Leader Handbooks have arrived!!!!

Communities 4 Families (Downtown Parent-Child Coalition) is excited to share this valuable resource.

Wiggle, Giggle & Munch is a physical activity and nutrition program for preschoolers and their parents. Since 2004, Wiggle, Giggle & Munch has been offered in various locations in the Downtown area of Winnipeg. We have compiled our experience with this program into a comprehensive guide for those interested in running a Wiggle, Giggle & Munch program.

One copy of *Wiggle, Giggle & Munch: Handbook for Program Leaders* is FREE to all **residents and organizations that serve residents of the Downtown area of Winnipeg**. Handbooks can be purchased for \$25 for those outside the downtown.

Wiggle, Giggle & Munch is one strategy to help address our concern about the increasing incidence of obesity and Type 2 diabetes in young children in our community. As we are committed to sharing the Wiggle, Giggle & Munch program, we offer the following supports to those in the downtown:

Wiggle, Giggle & Munch program leader training

- Small grants to assist with program costs
- Ongoing support and mentoring for program leaders

For additional information about the Handbooks please see the attached order form. For further information on Wiggle, Giggle & Munch please contact us by voicemail at 475-5755 or by email at [dpccoalition@shaw.ca](mailto:dpccoalition@shaw.ca) or check out our website at [www.communties4families.ca](http://www.communties4families.ca).