

# Healthy Lifestyle Online Training Series

**Your Classroom Health. Our Expertise.**

Now offering online training courses designed to help professionals create healthier classrooms for all children in early care and education programs. Participants receive two clock hours for each module completed.

**5210 Toolkit:  
Resources to Support  
Healthy Behaviors for  
Families**

**Nurturing Healthy  
Eaters in Early Care  
and Education**

**Engaging Families  
Using Kentucky  
Strengthening Families  
Protective Factors:  
Focus on Healthy  
Behaviors**

**Getting Kids Moving:  
Physical Activity in  
Early Care and  
Education**

**Staff Wellness in  
Early Care and  
Education**

**Creating a Supportive  
Environment for  
Breastfeeding in Early  
Care and Education**

Courses are available for \$5 each  
on <http://learn.hdi.uky.edu>

