



**JOURNEYS
FROM HOME**

Summer Workshop Schedule **Elementary Health Enhancement** **K-5: *Better Health through Walking and Bicycling***

July 14, 15 Joliet July 19, 20 Miles City

August 10, 11 Helena August 16, 17 Billings

These workshops are free MTAHPERD members

Purpose:

To give children the skills necessary to become confident, competent, and predictable in traffic.

To give parents the confidence to allow children to travel freely in their community.

Register for these workshops on: www.cspd.net

Eight hours of on-line work are required prior to the 12 hour on-site training
20 CEU or OPI renewal units are available

1 College Credit (Graduate or Undergraduate) is available (\$150 to MSU-Northern)

Workshop Fee is covered by
“Montana Safe Routes to School”

Funded through the Montana Department of Transportation

- ◆ **Participants do not need extensive bicycle riding experience**
- ◆ **Participants are asked to bring tennis shoes, a bicycle and helmet**
- ◆ **Please bring your own water bottle**

Contact: Roger and Sharon DiBrito
Journeys From Home Montana
4765 Carolin Lane
Florence, Montana 59833
Phone: 406-273-6458
roger.dibrito@gmail.com