

2019-2020 LiveWell Kids Nutrition Education Docent Trainings

All DAYTIME trainings will be held at:
Beach Cities Health District
514 N. Prospect Ave.
Lower Level, Beach Cities Room
Redondo Beach, CA 90277

All EVENING trainings will be held at:
AdventurePlex
1701 Marine Ave.
Manhattan Beach, CA 90266
Childcare provided. Kids play free during evening trainings.

KICK OFF, MODULE 1 & 2					
DAYTIME		EVENING		DAYTIME	
Tuesday, September 24		Tuesday, September 24		Wednesday, September 25	
1st Grade	9 – 10:30 a.m.	1st – 5th Grade	5:30 – 7 p.m.	3rd Grade	9 – 10:15 a.m.
2nd Grade	11 – 12:30 p.m.	Childcare check-in starts at 5 p.m., training starts at 5:30 p.m.		4th Grade	10:30 – 11:45 a.m.
				5th Grade	12 – 1:15 p.m.

MODULE 3 & 4					
DAYTIME		EVENING		DAYTIME	
Tuesday, January 14		Tuesday, January 14		Wednesday, January 15	
1st Grade	10 – 11 a.m.	1st – 5th Grade	6 – 7 p.m.	3rd Grade	9 – 10 a.m.
2nd Grade	11 – 12 p.m.	Childcare check-in starts at 5:30 p.m., training starts at 6:00 p.m.		4th Grade	10 – 11 a.m.
				5th Grade	11 – 12 p.m.

MODULE 5 & END OF YEAR REVIEW					
DAYTIME			EVENING		
Wednesday, April 22			Wednesday, April 22		
1st – 5th Grade	10 – 11 a.m.		1st – 5th Grade	6 – 7 p.m.	
1st – 5th Grade	11 – 12 p.m.		Childcare check-in at 5:30 p.m., training starts at 6:00 p.m.		

For more information contact School Health Programs Coordinator,
 Timilie Losq at timilie.losq@bchd.org.



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Lesson Delivery Dates

Trainings for LiveWell Kids Nutrition modules 1 & 2 and 3 & 4 are combined, however lessons **need to be delivered within the lesson delivery time frame listed below**. Food tasting ingredients are delivered prior to the lesson delivery time frame and are perishable. Therefore, it is important to deliver the lessons within dates listed below.

For questions, please contact the School Health Programs Coordinator, Timilie Losq at Timilie.losq@bchd.org

Module 1: Mindfulness	
Training: September 24 and 25	Lesson Delivery: September 27 – October 4

Module 2: Fruits and Vegetables	
Training: September 24 and 25	Lesson Delivery: November 4 – November 8

Module 3: Food Labels and Marketing	
Training: January 14 and 15	Lesson Delivery: January 17 – January 24

Module 4: Water	
Training: January 14 and 15	Lesson Delivery: February 28 – March 6

Module 5: Physical Activity	
Training: April 22	Lesson Delivery: April 24 – May 1



To schedule and report lessons delivered, please visit:
http://bit.ly/LiveWellNutrition_19-20

