



# PHE MANITOBA FLASH

**May 2023**

## **Annual General Meeting**

PHE Manitoba is inviting all our members to our AGM that is taking place Monday, May 29<sup>th</sup> at the Manitoba Teacher's Society Building (191 Harcourt Ave). The AGM will take place at 4:00pm. Come join us to review 2022-2023 and discuss the future of PHE Manitoba!

## **MTS Professional Development Day**

Our annual Professional Development Day will be held October 20<sup>th</sup>, 2023! The Manitoba Museum will play host to our Keynote address, registration, marketplace, and several sessions throughout the day. We will also be utilizing the Sport for Life Centre, and other sites for sessions.

Session and keynote information will be shared in June! Registration will be available in the beginning of September.

We are still looking for volunteers to help with the event. If you would like to help the day of, please contact Krystle at [phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca).

## **Gym Blast – perfect for students in Kindergarten to Grade 6!**

Book a Gym Blast with Fit Kids Healthy Kids! Our leaders take over your phys ed classes for the day to teach physical literacy skills and games that will help your students form healthy

**PHE Manitoba**  
**145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6**  
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lifestyle habits. We will facilitate all the day's activities and keep the focus on fundamental movement skills.

Whether it's throwing, running, jumping, or catching, these skills help students increase their motivation, confidence, physical competence, and knowledge. We'll have new games and physical literacy takeaways for you, too!

To book a Gym Blast email [fitkidshealthykids@sportmanitoba.ca](mailto:fitkidshealthykids@sportmanitoba.ca)

And, for more game and activity ideas, join our Facebook group: <https://www.facebook.com/groups/fitkidshealthykids/>

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