

PLAN TO MOVE YOUR KIDS!

You are invited to participate in a **FREE 12-week virtual program to support physical activity among Canadian children with disabilities!**

We are excited to share the launch of a free 12-week online program available to parents and caregivers of children with disabilities, called **Plan to Move Your Kids!**

Plan to Move Your Kids is a **free, evidence-based program** designed to empower parents to support their child's physical activity and healthy movement behaviours. This program was developed by researchers across Canada in collaboration with the University of British Columbia, the Canadian Disability Participation Project (CDPP), and an initiative called Stronger Together developed by Curatio.

This program is delivered via the Curatio app, which is a free, private and secure social health network intended to support and connect patients and caregivers through their shared experiences. Parents can complete this program at their own pace and will have access to:

- Regular posts and activities about supporting, managing, and overcoming barriers to their child's physical activity
- In-app check-ins with a trained community coach
- Evidence-based tools and resources for planning for their child's physical activity
- The opportunity to connect and communicate with other parents who share similar experiences

HOW DO I SIGN UP?

To sign up, parents can visit:

<https://curatio.me/strongertogether/> and find the "Plan to Move Your Kids" icon. Signing up is quick and easy! We can't wait to welcome you to the Plan to Move Your Kids community!

If you have any questions about Plan to Move Your Kids, you can contact Ritu Sharma at ri.sharma@mail.utoronto.ca.



Your participation in the Plan to Move Your Kids community is part of a non-research quality improvement project. Details will be provided within the online registration forms.