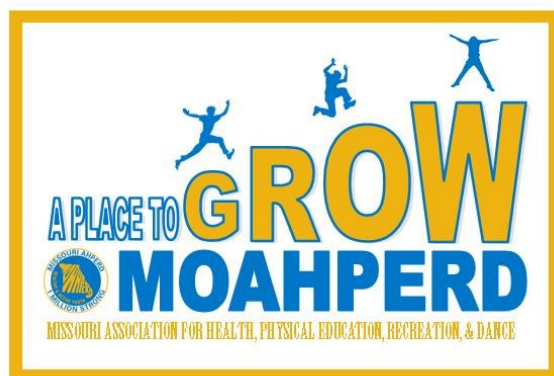




The theme of the 2017 MOAHPERD state convention is “A Place to G-R-O-W (Grow Responsibly to Optimal Well-Being). We have long known the benefits of being physically fit to the healthy growth of an individual., helping build healthy bones and muscles, helping control weight, and improving cardiorespiratory functioning. However, more and more research is also showing the positive effects of physically active and physically fit individuals on their overall well-being. Several studies suggest that engaging in physical activity or exercise programs can also benefit mental health and emotional well-being, improving cognitive processing and mood, and reducing symptoms of depression and anxiety.

As professionals in the field of health education, physical education, school wellness and exercise science, we take pride in helping the youth of Missouri grow in their physical, mental, emotional, and social development. This year’s convention will provide a wealth of presenters with a wealth of wisdom about developing the whole child through the implementation of best practices and programming in our schools.

The 2017 convention will include many state and national Teachers of the Year. They will excite you and fill you with ideas, helping you grow in your passion and effectiveness in developing healthy, active youth. This convention will be the best professional development bang for your educational buck. Please come join us November 10-12, 2017 at the Lodge of the Four Seasons. The more you know, the more you’ll grow....and so will your students.

SPECIAL GUESTS & PRESENTERS



Scott Williams
National Dance
Teacher of the Year



Andy Horne
National Health
Teacher of the Year



Jim Deline
Physical Education
Teacher of the Year,
Author, & Keynote



Andy Milne
Health Education
Teacher of the
Year



Marilys Gwaltney
Middle School
Teacher of the Year