

Forever...in motion Leadership Training for Older Adults

**Are you interested in leading or assisting the leader of a
Forever...in motion group? Are you currently leading a group and
feel that you would like to update your skills?**

Then this practical training program may be for you!

Training Dates

Tuesday, September 18th, 2018	9:00 a.m. – 3:30 p.m.
Friday, September 21st, 2018	9:00 a.m. – 3:30 p.m.
Tuesday, September 25th, 2018	9:00 a.m. – 3:30 p.m.
Friday, September 28th, 2018	9:00 a.m. – 3:30 p.m.
Tuesday, October 2nd, 2018	9:00 a.m. – 3:30 p.m.

(Friday, October 5th, 2018 – alternate date if required due to weather conditions)

Cost: \$40.00 for 5 sessions to help cover the cost of materials

(This will include a Manual, T-shirt, Exercise DVD and DVD Notes)

**\$15.00 for past participants who want a refresher course (Does not
include above resources. Please bring your resources from previous training)**

Location: Knox United Church

31 Hover Street, Lanigan, SK

A certificate of participation will be awarded at the end to those completing the entire training program (**participants must attend all sessions to receive their certificate**). Please bring a water bottle and wear comfortable clothing and running shoes to exercise in. **There will be a ½ hour lunch break so please bring a bagged lunch.**

REGISTRATION FORM

NAME: _____

ADDRESS: _____

_____ POSTAL CODE _____

PHONE: _____

Email address: _____

Are you able to attend the 5 sessions? Yes _____ No _____

Do you have experience in leading an exercise group? Yes _____ No _____

Are you currently leading a **Forever...in motion** group? Yes _____ No _____

If yes, how many people attend your group? _____

Are you a registered volunteer with the Saskatoon Health Region

Community Volunteer Services? Yes _____ No _____

If no, would you consider becoming a volunteer? Yes _____ No _____

Will you commit to leading a **Forever...in motion** group for 6 months following the training? Yes _____ No _____

(Training Session is in Lanigan, SK)

If you have any questions please contact: Kereen Lazurko at 306-655-2285 or kereen.lazurko@saskhealthauthority.ca

Space is limited so register early to avoid disappointment.

Please call Brenda at 306-655-2454 or email

brenda.chomyn@saskhealthauthority.ca to register.

Please mail registrations with your \$40.00 registration fee* to:

Brenda Chomyn
Saskatchewan Health Authority
Royal University Hospital
Community Older Adult
3610 – 103 Hospital Drive
Saskatoon, SK S7N 0W8
Fax: (306)655-1053

*** Please make checks payable to SHR Community Older Adult.**