Forever…

in *motion*™

Physical Activity - do it for life!



Forever…in *motion*

Leader Training for Older Adults

Forever…in *motion* is an initiative that helps older adults become physically active through volunteer led physical activity groups.

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop your skills in leading a physical activity class for your peers.

DATE: **Tuesday, January 6, 13,20**

TIME: **9:00 am – 5:00 pm**

Location: **Wolf Creek Friendship Centre,**
117 Sherbrook Street, Wolseley, SK

Cost: **FREE**

Participants must be able to attend all three days.
You will receive a **Forever…in *motion*** leader manual, resistant band, and certificate upon completion.

To register:
Scan the RQ code or contact Marisol Molina-Smith at:
306-766-7163 or email marisol.molinasmith@saskhealthauthority.ca

Saskatchewan Parks and Recreation Association

Saskatchewan Health Authority