

Forever...in motion Leadership Training for Older Adults

Are you interested in leading or co-leading a **Forever...in motion** group?

Are you currently leading a group and feel that you would like
to update your skills with a refresher course?

Then this practical training program may be for you!

Training Dates

Tuesday, April 2nd, 2019	9:00 a.m. – 3:30 p.m.
Wednesday, April 3rd, 2019	9:00 a.m. – 3:30 p.m.
Tuesday, April 9th, 2019	9:00 a.m. – 3:30 p.m.
Wednesday, April 10th, 2019	9:00 a.m. – 3:30 p.m.
Tuesday, April 16th, 2019	9:00 a.m. – 3:30 p.m.

Cost: \$40.00 for 5 sessions to help cover the cost of materials
\$15.00 for past participants who want a refresher course (this does not
include any materials or t-shirt)

Location: First Mennonite Church
418 Queen Street, Saskatoon, SK
**(Parking is available in the Church parking lot. Please enter through
the door closest to the parking lot)**

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**).

There will be a ½ hour lunch break, so please bring a bagged lunch. Please bring a water
bottle and wear comfortable clothing and running shoes to exercise in.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

_____ POSTAL CODE _____

PHONE: _____

EMAIL ADDRESS: _____

Forever...in motion site you plan on teaching at: _____

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 is at First Mennonite Church)

Space is limited so register early to avoid disappointment.

Please call Brenda Chomyn at 306-655-2454.

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

Brenda Chomyn
Saskatchewan Health Authority
Community Older Adult
Royal University Hospital
3610 – 103 Hospital Drive
Saskatoon, SK. S7N 0W8
Ph: 306-655-2454 Fax: 306-655-1053

* Please make cheques payable to **SHR Community Older Adult**