

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

Friday, March 23rd, 2018	9:00 a.m. – 3:30 p.m.
Tuesday, March 27th, 2018	9:00 a.m. – 3:30 p.m.
Tuesday, April 3rd, 2018	9:00 a.m. – 3:30 p.m.
Friday, April 6th, 2018	9:00 a.m. – 3:30 p.m.
Tuesday, April 10th, 2018	9:00 a.m. – 3:30 p.m.

(Friday, April 13th, 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: Rosthern Mennonite Church

3016 – 5th Street, Rosthern, 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: _____

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 Rosthern, 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.**