

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

Thursday, November 23rd, 2017	9:00 a.m. – 3:30 p.m.
Tuesday, November 28th, 2017	9:00 a.m. – 3:30 p.m.
Thursday, November 30th, 2017	9:00 a.m. – 3:30 p.m.
Tuesday, December 5th, 2017	9:00 a.m. – 3:30 p.m.
Thursday, December 7th, 2017	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: Sienna Point Phase I – 314 Nelson Road, Saskatoon, SK

(Please park on the west side of the building along the fence that says Visitor Parking. If this is full – park on the street but come in the west entrance. There is a doorbell at the entrance, but someone will be at the west side door to let you in starting at 8:50 a.m.)

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 _____

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As space is limited, please call Brenda Chomyn at 306-655-2454 to register early and to avoid disappointment.

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

Brenda Chomyn

Saskatoon Health Region

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**