

## 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

<b>Wednesday, September 19<sup>th</sup>, 2018</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Monday, September 24<sup>th</sup>, 2018</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Wednesday, September 26<sup>th</sup>, 2018</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Monday, October 1<sup>st</sup>, 2018</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Wednesday, October 3<sup>rd</sup>, 2018</b>	<b>9:00 a.m. – 3:30 p.m.</b>

**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. Please bring resources from previous  
training)

**Location:** Sierra's of Erindale  
325 Keevil Crescent, Saskatoon, 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**). **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 at Sierra's of Erindale)

**Space is limited, so register early to avoid disappointment. Call Brenda Chomyn at 306-655-2454 or email [brenda.chomyn@saskhealthauthority.ca](mailto:brenda.chomyn@saskhealthauthority.ca) to register**

**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**