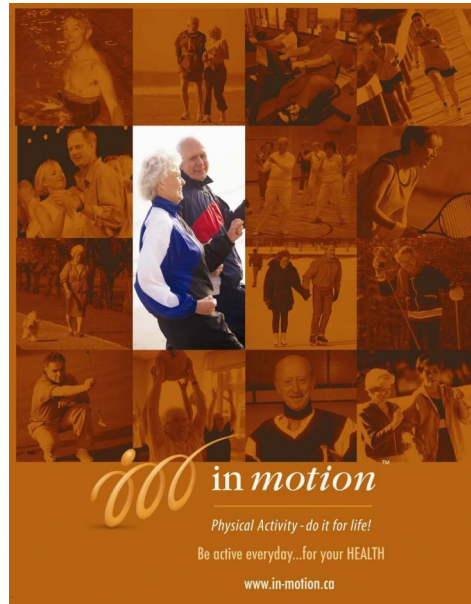




# Forever...in *motion* Volunteers Needed!



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

**If you believe in the benefits of physical activity, are active and enjoy helping others, why not volunteer as a leader? You can volunteer as much or as little as you want—usually it is only a 1-2 hour commitment per week. We will help you to develop the skills and abilities that you need to become a leader.**

**Or, if you would like to have a Forever...in *motion* program in your facility, we can help you with that too!**

**For more information on upcoming training opportunities contact:  
Kimberly Willison at (306)655-2286  
kimberly.willison@saskatoonhealthregion.ca  
or Kereen Lazurko at (306)655-2285  
kereen.lazurko@saskatoonhealthregion.ca**