

## Forever...in *motion* Leadership Training for Older Adults

Are you currently leading or considering leading a

**Forever...in *motion*** group?

Do you feel that you would like to update your skills?

Then this practical training program may be for you!

### Training Dates

<b>Monday, October 16<sup>th</sup>, 2023</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Thursday, October 19<sup>th</sup>, 2023</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Monday, October 23<sup>rd</sup>, 2023</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Thursday, October 26<sup>th</sup>, 2023</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Monday, October 30<sup>th</sup>, 2022</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).

**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 and snacks.**

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 Saskatchewan Health Authority  
Community Volunteer Services? Yes \_\_\_\_\_ No \_\_\_\_\_

If no, would you consider becoming a volunteer? Yes \_\_\_\_\_ No \_\_\_\_\_

**Please note: By registering for this course you are committing to lead a Forever...in motion group for a minimum period of six months following the training. Accommodations can be made if you are away for a portion of this time.**

**I acknowledge that I have read the above statement and agree to the indicated commitment. Signed \_\_\_\_\_**

(Training at Sierra's of Erindale)

**Space is limited, so register early to avoid disappointment. 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**