

Condensed Leadership Training Refresher for current Forever...in motion Leaders or staff at Forever...in motion sites

**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

Thursday, November 13th, 2025 8:00 a.m. – 5:00 p.m.

Friday, November 21st, 2025 8:00 a.m. – 5:00 p.m.

**Cost: \$40.00 for 2 sessions to help cover the cost of materials
 \$15.00 for refresher course if you have taken training previously
 (please bring your manual to the course)**

**Location: Primrose Chateau
 310 Cree 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 2 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 **Forever...in motion** 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 session is at Primrose Chateau, November 2025)

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 **(we can only accept cash or cheques*)** to:

Brenda Chomyn
Saskatoon Health Authority
Royal University Hospital
Community Older Adult
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**