

Forever...



**in motion**™

*Physical Activity - do it for life!*



# Forever...in motion

## Leader Training for Older Adults

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

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop your skills in leading a physical activity class for your peers.

**DATE:** Wednesday, March 4,11,18,25

**TIME:** 9:00 am – 3:30 pm

**Location:** Glencairn Neighbourhood Centre,  
2626 Dewdney Ave E

**Cost:** FREE

Participants must be able to attend all four days.

You will receive a **Forever...in motion** leader manual, resistant band, and certificate upon completion.

**To register:**

Scan the RQ code or contact Marisol Molina-Smith at:

306-766-7163 or email [marisol.molinasmith@saskhealthauthority.ca](mailto:marisol.molinasmith@saskhealthauthority.ca)



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