

Forever...



in motion™

Physical Activity - do it for life!



Forever...in motion

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

Are you 55 years of age or older? Do you believe in the benefits of physical activity, enjoy staying active, and like helping others? If so, why not become a volunteer leader?

We can help you develop and enhance the skills needed to lead a physical activity class for your peers. Share your enthusiasm for healthy living, support others in staying active, and make a positive impact in your community.

Forever...in motion Leadership Training

Date: September Tuesday, 15,22,29, Oct 6
November Wednesday, 18,25, Dec. 2,9

Time: 9:00 a.m. – 3:30 p.m.

Location: Glencairn Neighbourhood Centre, 2626 Dewdney Ave E

Cost: Free

A Certificate of Participation will be awarded to individuals who successfully complete the entire training program. To be eligible, participants must attend all sessions and commit to volunteering for a minimum of six months.

For more information or to register contact Marisol: 306-766-7163

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