

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.

A Certificate of Participation will be awarded to individuals who successfully complete the full four-day training program and commit to volunteering for a minimum of six months. The six-month volunteer commitment may be completed throughout the year.

UPCOMING LEADER TRAININGS & EVENTS (REGINA & AREA)

Full Leader Training 1 –Tuesdays Sept 15, 22, 29, & Oct 6 (*FREE for new trainees & refreshers)

Location: Glencairn NeighbourhoodCentre, Regina, SK.

Time: 9:00am –3:30pm

Full Leader Training 2 –Wednesdays Nov 18, 25 & Dec 2, 9 (*FREE for new trainees & refreshers)

Location: Glencairn NeighbourhoodCentre, Regina, SK.

Time: 9:00am –3:30pm

For further details and to register for Regina & area **Forever...in motion** Leader Trainings, please contact: Marisol Molina-Smith, Health Educator (306) 766-7163 marisol.molinasmith@saskhealthauthority.ca



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