

## 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>Tuesday, September 3, 2024</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Friday, September 6, 2024</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Tuesday, September 10, 2024</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Friday, September 13, 2024</b>	<b>9:00 a.m. – 3:30 p.m.</b>
<b>Tuesday, September 17, 2024</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: Erindale Alliance Church**  
**310 Perehudoff Crescent, Fellowship Hall – Entrance C**  
**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 **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 Erindale Alliance Church)

**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**