



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

Wednesday, August 21st, 2024

8:00 a.m. - 5:00 p.m.

Thursday, August 22nd, 2024

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: Riverside Terrace

915 Saskatchewan Crescent West, Saskatoon, SK

A certificate of participation will be awarded at the end to those completing the entire training program (participants must attend both sessions to receive their certificate). Please bring a water bottle and wear comfortable clothing and running shoes. There will be a ½ hour lunch break, so please bring a bagged lunch and snacks.

REGISTRATION FORM

NAME:
ADDRESS:
POSTAL CODE
PHONE:
EMAIL ADDRESS:
Foreverin 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 Foreverin motion group? Yes No f yes, how many people attend your group? Are you a registered volunteer with the Saskatchewan Health Authority Community Volunteer Services? Yes No f no, would you consider becoming a volunteer? Yes No Please note: By registering for this course you are committing to lead a Foreverin 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 Riverside Terrace)
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* to: (cheque or cash only) Brenda Chomyn Saskatchewan 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**