

Forever...in motion Leadership Training for Older Adults

**Are you interested in leading or assisting the leader of a
Forever...in motion group? Are you currently leading a group and
feel that you would like to update your skills?**

Then this practical training program may be for you!

Training Dates

Tuesday, July 15th, 2025	9:00 a.m. – 3:30 p.m.
Thursday, July 17th, 2025	9:00 a.m. – 3:30 p.m.
Tuesday, July 22nd, 2025	9:00 a.m. – 3:30 p.m.
Thursday, July 24th, 2025	9:00 a.m. – 3:30 p.m.
Tuesday, July 29th, 2025	9:00 a.m. – 3:30 p.m.

(Alternate date if required – Thursday, July 31st)

Cost: \$40.00 for 5 sessions to help cover the cost of materials

(This will include a Manual, T-shirt, Exercise DVD and DVD Notes)

**\$15.00 for past participants who want a refresher course (Does not
include above resources. Please bring your resources from previous training)**

Location: Whitecap Dakota First Nation

316 Moose Woods Drive, Whitcap, 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**). Please bring a water bottle and wear comfortable clothing and running shoes to exercise in. **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: _____

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 in Whitecap, SK – July 2025)

If you have any questions please contact: Kereen Lazurko at 306-844-4082 or
kereen.lazurko@saskhealthauthority.ca

**Space is limited so register early to avoid disappointment. Please call Brenda
at 306-655-2454 or email brenda.chomyn@saskhealthauthority.ca to register.**

Please mail registrations with your \$40.00 registration fee* to:

Brenda Chomyn
Saskatchewan Health Authority
Royal University Hospital
Community Older Adult
3610 – 103 Hospital Drive
Saskatoon, SK S7N 0W8
Fax: (306)655-1053

*** Please make cheques payable to SHR Community Older Adult.
Please note: We can only accept cash or cheques.**