

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

Tuesday, Sept 2nd, 2025 (virtual)	9:00 a.m. – 12:00 p.m.
Wednesday, Sept 3rd, 2025 (virtual)	9:00 a.m. – 12:00 p.m.
Thursday, Sept 4th, 2025 (in-person/Bruno)	9:00 a.m. – 3:30 p.m.
Friday, Sept 5th, 2025 (virtual)	9:00 a.m. – 12:00 p.m.
Monday, Sept 8th, 2025 (in-person/Humboldt)	9:00 a.m. – 3:30 p.m.
Thursday, Sept 11th, 2025 (virtual)	9:00 a.m. – 12:00 p.m.
Friday, Sept 12th, 2025 (in-person/Bruno)	9:00 a.m. – 3:30 p.m.

Cost: \$40.00 for 7 sessions to help cover the cost of materials

(This will include a Binder, T-shirt, Exercise Manual)

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

Locations: The Elizabeth – 1212 – 12th Street, Humboldt, SK

Bruno Friendship Centre - 619 Main Street, Bruno, 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 7 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 of six months following the training. Accommodations can be made if you are away for a portion of the time.

I acknowledge that I have read the above statement and agree to the indicated commitment. Signed _____.

(Training Session – Bruno/Humboldt, Sept 2025)

If you have any questions please contact: Kereen Lazurko at 306-844-4082
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 (we can only accept cash or cheque):

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 checks payable to SHR Community Older Adult.**