

Forever...



**in motion**™

*Physical Activity - do it for life!*



# Summer Forever...in motion

## Leader Training for Older Adults

**Forever...in motion** is an initiative that helps older adults become physically active through volunteer led physical activity groups.

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop your skills in leading a physical activity class for your peers.

### Dates & Times:

July 3                      9:30am - 3:00pm

July 10 & 17            1:00pm - 5:00pm

July 24 & 31            9:30am – 3:00pm

**Location:**        Regina Beach, Memorial Hall 101 Centre Street

**Cost:**              \$40

You will receive **Forever...in motion** Leader Manual, T-shirt, resistance band and certificate. Must be able to attend all five days.

Please contact **Marisol** if interested and for more details phone **306-766-7163** or email [marisol.molinasmith@saskhealthauthority.ca](mailto:marisol.molinasmith@saskhealthauthority.ca)



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