

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

Monday, September 22nd, 2025	9:00 a.m. – 3:30 p.m.
Thursday, September 25th, 2025	9:00 a.m. – 3:30 p.m.
Monday, September 29th, 2025	9:00 a.m. – 3:30 p.m.
Thursday, October 2nd, 2025	9:00 a.m. – 3:30 p.m.
Monday, October 6th, 2025	9:00 a.m. – 3:30 p.m.

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: **Sierra's of Erindale**
325 Keevil Crescent, 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 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 at Sierra's of Erindale -Sept & Oct, 2025)

**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:

Brenda Chomyn
Saskatchewan Health Authority
Community Older Adult
Royal University Hospital
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**