

Forever...



**in motion**™

Physical Activity - do it for life!



# Join a Forever...in *motion* program!

## Leader Training for Older Adults

**Forever...in *motion*** is an initiative that helps older adults become physically active through volunteer led physical activity groups. **Forever...in *motion*** was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association

If you are an Older Adult who believes 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.

For more information visit [www.spra.sk.ca/foreverinmotion](http://www.spra.sk.ca/foreverinmotion)

## Forever...in *motion* Leader Workshop

Schedule:                      **Friday, March 23**                      **6:00 pm – 9:00 pm**  
                                         **Saturday, March 24**                      **8:30 am – 5:00 pm** \*snacks provided  
                                         **Sunday, March 25**                      **8:30 am – 5:00 pm** \*snacks provided

Location:                      **NationsWEST Field House, 3-623 Carleton Trail, North Battleford**

Cost:                              **\$10.00** which includes: **Forever...in *motion*** Leader Manual with resistance band, **Forever...in *motion*** Circuit manual for each facility participating, and snacks/beverages throughout the workshop

To register contact:                      **Wendy Verity 306-446-8623**  
                                         or email [wendy.verity@saskhealthauthority.ca](mailto:wendy.verity@saskhealthauthority.ca)



Registration is limited to 12 participants,  
so sign up soon to confirm your spot!

