

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.

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.

Forever...in *motion* was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

For more information visit: www.rqhealth.ca/forever-in-motion

Forever...in *motion* Leader Workshop

Schedule:	Tuesday, August 29	9:30 am – 3:00 pm
	Tuesday, September 5	9:30 am – 3:00 pm
	Tuesday, September 12	9:30 am – 3:00 pm
	Tuesday, September 19	9:30 am – 3:00 pm

Location: Cathedral Neighbourhood Centre, 2900 13th Ave, Regina

Forever...in *motion* training includes: information on how to lead safe exercise programs for older adults, chronic conditions, preventing falls and practical hands-on experience.

You will receive **Forever...in *motion*** Leader Manual, T-shirt and resistance band.

*Must be available to attend all classes.

For more information or to register contact:

306-766-7163

healthpromotionRQHR@rqhealth.ca



Saskatchewan
Parks and Recreation
Association



Regina Qu'Appelle
HEALTH REGION