

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 Leadership Training

Schedule:	Tuesday, August 14	9:30 am – 3:00 pm
	Tuesday, August 21	9:30 am – 3:00 pm
	Tuesday, August 28	9:30 am – 3:00 pm
	Tuesday, September 4	9:30 am – 3:00 pm

Location: **To Be Announce**

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

For more information or to register contact:

306-766-7163

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Saskatchewan
Parks and Recreation
Association



Regina Qu'Appelle
HEALTH REGION