

Condensed Leadership Training Refresher for current Forever...in motion Leaders or staff at Forever...in motion sites

**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

Tuesday, February 25th, 2020

8:00 a.m. – 5:30 p.m.

Thursday, February 27th, 2020

8:00 a.m. – 5:30 p.m.

**Cost: \$40.00 for 2 sessions to help cover the cost of materials
 \$15.00 for refresher course if you have taken training previously
 (please bring your manual to course)**

**Location: Trinity Manor at Stonebridge – 331 Cornish Road
Saskatoon, SK**

A certificate of participation will be awarded at the end to those completing the entire training program. Please bring a water bottle and wear comfortable clothing and running shoes. There will be a ½ hour lunch break so please bring a bagged lunch or you can purchase lunch at Trinity Manor for between \$10-15. Parking – please park on the street or in the visitor area.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____

Email address: _____

Forever...in motion site you plan on teaching at: _____

Are you able to attend the 2 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 Saskatoon Health Region

Community Volunteer Services? Yes _____ No _____

If no, would you consider becoming a volunteer? Yes _____ No _____

Will you commit to leading a **Forever...in motion** group for 6 months following the training? Yes _____ No _____

(Training is at Trinity Manor – Condensed Training)

Space is limited so register early to avoid disappointment

call Brenda Chomyn at (306) 655-2454 to register.

Please mail registrations with your registration fee* to:

Brenda Chomyn
Saskatchewan Health Authority
Community Older Adult
Royal University Hospital
3610 – 103 Hospital Drive
Saskatoon, SK S7N 0W8
Fax (306) 655-1053

* Please make **checks** payable to **SHR Community Older Adult**