Forever…

in motion™

Physical Activity - do it for life!



Be a **Forever…in *motion*** Leader!
Workshop Registration Form

Schedule: Oct. 13 6:00 – 9:00 pm, Oct. 14 8:30 am – 5:00 pm, Oct. 15 8:30 am – 5:00 pm

Location: InnovationPlex upstairs conference room, Swift Current, SK

Registration Fee: $50 which includes the Forever…in motion Leader Manual plus two lunches. Cheque made payable to "City of Swift Current"

Registration Deadline: 4-Oct-23

Participant Contact Information

Name:			
Organization:			
Address:			
City/Town:		**Postal Code:**	
Phone Number:		**Fax Number:**	
E-mail:			
Self-Declaration (Optional):	I am of Indigenous descent:	☐ Yes	☐No
Dietary concerns:			

To register either:

- Contact Val Choo-Foo at v.choofoo@swiftcurrent.ca
- Drop off your registration form and money at City Hall or email to Val
- Call (306)778-1676

Saskatchewan Parks and Recreation Association

SOUTH WEST DISTRICT FOR CULTURE, RECREATION & SPORT INC.

CITY OF SWIFT CURRENT Community Services

FUNDED BY SASK LOTTERIES

Forever…

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Physical Activity - do it for life!



Become a **Forever…in *motion*** leader!

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 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 other adults. No experience needed.

For more information visit **www.spra.sk.ca/foreverinmotion**

Forever…in *motion* Leader Workshop

Schedule:	**Friday, October 13**	**6:00 pm – 9:00 pm**
	Saturday, October 14	**8:30 am – 5:00 pm **Lunch provided***
	Sunday, October 15	**8:30 am – 5:00 pm **Lunch provided***
Location:	**InnovationPlex in the upstairs Conference Room Swift Current, SK**	
Cost:	**$50 which includes: Forever…in *motion* Leader Manual and lunches**	

For more information and to register, contact: Val Choo-Foo at (306)778-1676 or v.choofoo@swiftcurrent.ca

Saskatchewan Parks and Recreation Association

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