

Learn to lead others in Physical Activity!

Train to be an
ACTIVE LIVING FACILITATOR

Once recognized an Active Living Facilitator is sanctioned by the Manitoba Fitness Council to guide active living activities in the following areas:

- Indoors or Outdoors
- Walking
- Basic Stretching and Range of Motion
- Activities of Daily Living
- Basic Body Weight Strengthening



3 Training Dates and Locations to choose from:

1. Thursday, February 11 at the Eriksdale Rec Centre (upstairs hall) from 9:30 a.m. to 4:00 p.m.
Deadline to Register: February 4
2. Friday, February 19 at the Gimli Rec Centre from 9:30 a.m. to 4:00 p.m.
Deadline to Register: February 12
3. Thursday, March 25 at The Red Barn, Stonewall from 9:30 a.m. to 4:00 p.m.
Deadline to Register: March 18

Registration Fee:

\$10 and includes the course manual, lunch and refreshments.

Need Info?

Please Contact Keri Mitton at 204-467-4725 or kmitton@irha.mb.ca

ACTIVE LIVING FACILITATOR - *Registration Form*

Name: _____

Address: _____

Community: _____

Postal Code: _____

Phone: _____ Cell: _____

Email: _____

COURSE DATES / LOCATIONS (please check preference):

- Thursday, February 11 – Eriksdale _____
- Friday, February 19 – Gimli _____
- Thursday, March 25 – Stonewall _____

REGISTRATION:

Training Fee - \$10.00 (includes course manual, lunch and refreshments)

Please make cheques payable to:

“Interlake Regional Health Authority”

Please mail the Registration Form along with payment to:

Interlake Regional Health Authority – Community Wellness Team

589 3rd Avenue South

Stonewall, Manitoba

R0C 2Z0

Attn: Keri Mitton