

## Health Benefits of Physical Activity

- ◆ Decreases the effects of aging
- ◆ Builds stronger bones and muscles
- ◆ Reduces the risk of falling
- ◆ Delays and prevents chronic diseases
- ◆ Reduces the risk of heart disease and stroke
- ◆ Improves joint and muscle flexibility
- ◆ Lowers blood pressure
- ◆ Controls weight
- ◆ Lowers cholesterol
- ◆ Improves balance and strength
- ◆ Helps control swelling and pain caused by arthritis
- ◆ Can help prevent osteoporosis
- ◆ Enhances sleep
- ◆ Reduces anxiety and depression
- ◆ Helps people to remain at home, independent and self-reliant

For more information,  
please contact us.

Office hours:

Mon-Fri 8:30am to 4:30pm,  
closed from 12:00-1:00pm

### Circle Drive Alliance Church

3035 Preston Ave. S.  
Saskatoon, SK S7T 1C2  
(in Stonebridge)

Phone: (306) 373-5445

Fax: (306) 477-5557

@cdac.ca



**Building  
Relationships  
For Good**

2017.9



## for 65 +

# Registration Form

## Our Mission

Our mission is to improve and/or maintain the health of older adults living in the community through physical activity and education.

## About Our Leaders

Groups are led by peer volunteer leaders or staff who have taken the **Forever...in motion** leader training, and are primarily older adults (50+). All volunteers are registered with the Saskatoon Health Region.

This training includes: information on how to lead safe exercise programs for older adults, chronic conditions and preventing falls as well as lots of practical hands-on experience.



**September 18—December 21**

**Place:** Circle's Fireside Lounge, Room 27

**Days:** Mondays and Thursdays

**Time:** 10:30am-11:30am

**Cost:** FREE

## CONTACT INFO:

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Telephone: (home):** \_\_\_\_\_  
**(cell):** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Gender:** \_\_\_\_ M \_\_\_\_ F

**Church Home:** \_\_\_\_\_ **None:** \_\_\_\_\_

