

# Steppin' Up with Confidence

## Help Others Be Active Be Healthy....

**Are you an active older adult who is interested in helping seniors improve their health and independence?**

**Would you enjoy leading other seniors in a fun and safe exercise program?**

How? Attend a one day training session in Winnipeg, MB

Cost: No cost

Date: Wednesday April 15th, 2009  
9:30- 4:00  
St. James Senior Centre  
**REGISTRATION DEADLINE**  
**April 10, 2009**

**\* limited registration**

As an exercise leader you will go to seniors apartments or centres and provide regular exercise sessions. Sometimes exercise leaders work in pairs to share the sessions and to support each other. On-going support is offered to Peer Leaders.



**To Register Contact:**

Sue Mackenzie Peer Leader Coordinator ALCOAMB  
1-866-202-6663 (toll free)  
or email Sue <[smack@granite.mb.ca](mailto:smack@granite.mb.ca)>

