

## Application

### Participant Information

Name (First and Last): \_\_\_\_\_

Position (If applicable): \_\_\_\_\_

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

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

Telephone: \_\_\_\_\_

**Please attach answers to the following questions to your application:**

- a) Why are you interested in completing the Active for Life workshop?
- b) Do you plan to incorporate Active for Life into an already existing program or start a new program? Please explain.
- c) What is your experience and qualifications working with older adults?
- d) What is your background in running physical activity programs? Please include any relevant training programs or certifications you have completed.
- e) What facilitation skills do you have?
- f) Do you have any dietary restrictions or require any accommodations or supports?

### Organization Info

Organization: \_\_\_\_\_

Direct supervisors name and title: \_\_\_\_\_

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

## Application Process

To apply please complete and forward to the address below by **Friday, Nov 7, 2025**

- Submit application (above information)
- Responses to questions

If your application is approved you will be contacted and provided information for the workshop November 20, 2025

### **Nov 20th workshop information:**

Cost: \$150 - Rec NL Members

\$175 – Non-members

Payment isn't required till your application is approved

Location: Paul Reynolds Community Centre, 35 Carrick Dr, St. John's

Time: 9am – 4pm

## Contact Information

If you have any questions, please contact Recreation NL office:

**Pam Mills**

**Email: [pammills@recreationnl.com](mailto:pammills@recreationnl.com)**

**Phone: (709) 729-0569**