



SSAI Tele-learning Workshop

Monday, October 26 at 10am

Forever...in *motion*

In this presentation, Marisol will introduce **Forever...in *motion*** and explore the important connection between physical activity and fall prevention. She will discuss how regular physical activity can support better balance, mental well-being, strength, mobility, and overall physical health as we age.

Marisol Molina-Smith

Marisol Molina-Smith serves in the Health Education role with the Saskatchewan Health Authority and is the Lead for **Forever...in *motion*** in Regina and Area.

Marisol holds a degree in Recreation Studies and a Bachelor of Arts from the University of Manitoba. She is also a certified SPRA Fitness Leader and course conductor for Exercise for Older Adults, a Yoga Alliance-certified yoga teacher, and a Nordic Pole Walking instructor-WALK SMART.



Visit our website for more information and to register:

saskseniors.com/workshops

Questions? Phone 306-493-3023 or email: info@saskseniors.com

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