

Elders in Motion

Recreation for Life!

*Are you interested in
developing and/or maintaining
an Elder recreation program
in your community?*



**Through training and program support,
Elders in Motion improves
access to physical activity
opportunities for NWT Elders**

while also working to increase independence
and functional mobility for older adults.

Interested in hosting training in your community or in
attending our conference? Contact us!

NWTRPA.ORG/ELDERS-IN-MOTION.HTM
867-669-8375 | ADMIN@NWTRPA.ORG



Each year, Elders, recreation leaders, health professionals, volunteers, students,

and others interested in the wellbeing and physical fitness of older adults come together for the Elders in Motion stream at the NWTRPA conference. The conference provides a time and place to share information, participate in training, and celebrate Elders and their caregivers.

During the Awards Banquet, we honour inspirational Elders who continue to be active, do traditional activities, and are role models in their community with the Active Elder Award.



**NWT
RECREATION
& PARKS
ASSOCIATION**